



**Just a reminder...**

***HAPPY NEW YEAR!!***

- If your loved one received a new Medicare card for 2020, please bring it in on his or her next scheduled day and give it to Dawn at the front desk to make a copy.
- Please make sure your emergency contacts and phone numbers are current and correct. Dawn has this information at the front desk. Please allow a few minutes to check, upon morning drop-off.
- If you have scheduled vacations, or doctor appointments and your loved will miss time at the Center, please fill out a communication form located in a marked folder on the front desk. Please refer to the attendance policy you received if you have any questions about paid/unpaid days. If you did not receive this policy, ask Dawn for a copy. There is also a copy of the 2020 holidays in your mailbox or email.

Dear families,

Happy New Year!!

Well, the construction work didn't quite get done by Christmas as hoped, but fingers crossed it won't drag too far into 2020. Thanks again for your patience during this project. I've heard from several of you that you didn't think it was as difficult as anticipated, and I am grateful for that! But I do know that there have been challenging days too, and I appreciate you sticking with us through them.

We provided service to 63 participants in 2019. They ranged in age from 60 to 97, and came from Frederick, Clarke, Warren, and Page Counties, the City of Winchester, and West Virginia. 16% of those we serve are under the age of 70.

In March of 2019, the licensing inspector with the Department of Social Services, during an annual inspection, cited no non-compliances, and our license was renewed for three years – the maximum duration allowed without full renewal procedures. Full credit goes to our hard-working staff for this accomplishment.

Speaking of those licensing regulations, a series of new ones became effective 12-29-19, and so now we begin implementing the changes. There are several. They will not affect our policies already established with you, but there are more internal requirements for us to follow.

Meeting and exceeding state licensing standards is always the goal. Rules exist for a reason, and safety and quality care are the ultimate result. Licensed Adult Day Health Care programs throughout the Commonwealth juggle meeting and exceeding standards, while, at the same time, keeping costs affordable for our families.

We're grateful to our community that so generously stands behind us with financial and in-kind support.

Non-profits are tasked yearly with raising additional dollars to meet budget. (We are a private, non-profit). The Adult Care Center's 2019 fundraising goal was just over \$71,000. Thank you so much to Patty T for writing a beautiful letter for our appeal, and for those who supported us with this, or in any other manner through the year. Ours is a partnership we hold dear.

Sincerely,

*Jane*

A new caregiver support group meeting, facilitated by family member Susan Drew, will kick off January 16<sup>th</sup> at 2:30 pm in the Eagles Conference Room at the Our Health/United Way building (a block over on the corner of Baker and Cameron). Please join us if you are interested, and help spread the word to others who might be as well.

## A Word from Katie

Happy New Year friends! It's hard to believe it's already 2020! December brought us many fun activities. We enjoyed Cookies and Christmas Carols, and Salt Dough Ornament decorating. The recipe can be found below!

1 cup salt  
2 cups flour  
1 cup water

Set oven to the lowest setting (170 is recommended). Mix your salt, flour and half the water together and mix by hand. Add the rest of the water gradually and continue mixing. You can add a little more flour if needed. Place dough on the floured surface and knead with your hands, then roll it out. Your dough should be about ¼ inch thick. Use cookie cutters to make some fun shapes. Use a straw to poke a hole in the top of your ornament to tie a ribbon through afterwards. Bake in the oven for 3 hours. Once done, let cool and decorate with glitter or acrylic paints.

Happy January everyone, and enjoy the New Year!

*Katie*

## Nurse Notes

### Reducing Inflammation<sup>1</sup>

Inflammation is a part of the body's normal response to infection or injury. Damaged tissue releases chemicals that tell white blood cells to start repairing. But sometimes inflammation is low-grade, spread throughout the body, and chronic.

Chronic inflammation can do damage to your body. It can play a role in the buildup of plaque in your arteries that can increase risk of heart disease and stroke. It's also associated with a higher risk of cancer, diabetes and other chronic conditions.

**Eat more plants.** Whole plant foods have the anti-inflammatory nutrients that your body needs. So eating a rainbow of fruits, veggies, whole grains and legumes is the best place to start.

**Focus on antioxidants.** They help prevent, delay or repair some types of cell and tissue damage. They're found in colorful fruits and veggies like berries, leafy greens, beets and avocados, as well as beans and lentils, whole grains, ginger, turmeric and green tea.

**Get your Omega-3s.** Omega-3 fatty acids play a role in regulating your body's inflammatory process and could help regulate pain related to inflammation. Find these healthy fats in fish like salmon, tuna and mackerel, as well as smaller amounts in walnuts, pecans, ground flaxseed and soy.

**Eat less red meat.** Red meat can be pro-inflammatory. Are you a burger lover? Aim for a realistic goal. Try substituting your lunchtime beef with fish, nuts or soy-based protein a few times a week.

**Reduce processed foods.** Sugary cereals and drinks, deep-fried food, and pastries are all pro-inflammatory offenders. They can contain plenty of unhealthy fats that are linked to inflammation. Eating whole fruits, veggies, grains and beans are healthy choices.

*Marilyn*

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December was full of Christmas cheer at the Adult Care Center! Thank you to everyone that was able to make it to our annual Christmas party. We had a wonderful time!



Thank you to Ann Lloyd and Brenda Vance for decorating the Center for Christmas this year. You did a beautiful job!



Katie made ornaments for the participants to paint and take home. They had so much fun with this activity!



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