



2020

February

Just a reminder...



- 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.
- Memory Café, hosted by Shenandoah Valley Westminster-Canterbury and The Hideaway Café, will be held Wednesday, February 5<sup>th</sup> at 10:30 a.m. at 141 S. Loudoun St. This is a safe and comfortable space where care-partners and their loved ones living with dementia and Alzheimer's can gather to socialize, play games, and enjoy activities together. This is a FREE event and will be the first of its kind in our area.

Dear families,

The new estimated deadline for construction wrap-up is the end of February! The crew hit granite which I understand held them up and made the project more difficult. Again, thank you for staying with us through this all. As many of you have acknowledged, the crew itself has been great. I am sorry, though, for the times our fellow citizens have not slowed down enough as they drove by.

Caregiver meals will once again be sent home the third Wednesday of each month thanks to our grant with the Winchester Rotary Club, and the fine cooking of Barbara HineLine at Fresco Kitchen. Several of you have asked how you could thank the Rotary. You may send a note to them at: Winchester Rotary, Att: Cary Claytor/Nelson, President, P.O. Box 2686, Winchester, VA 22604.

The February menu is: grilled chicken breast barbequed, mac and cheese and green beans!  
And remember, these meals are for you, the caregiver. Just a little something to let you know we recognize what you do each day, and that you deserve something special too. We will be sending the meals home the third Wednesday (or hold until Thursday) of each month through September.

Another initiative created for caregivers is "*Connecting and Caring, Dementia Caregivers of the Northern Shenandoah Valley*". Facilitated by Susan Drew, herself a caregiver of an Adult Care Center participant, the group meets February 6<sup>th</sup>, March 5<sup>th</sup> and 19<sup>th</sup>, April 2<sup>nd</sup> and 16<sup>th</sup> (with more scheduled dates to follow), in the Eagle Center conference room of the Our Health/United Way building the block over to our right. With support through a United Way Community Impact Grant, the group will focus on healing caregivers in their journey, providing information for help and support in the community and online, tips to get you through the daily struggles, and mutual support from those sharing many of your experiences. Periodic speakers will address relevant issues.

A special thanks to Winchester Brew Works at 320 N. Cameron St., for allowing attendees to park in their parking lot during these meetings.

Please check our Facebook page to see how you can join many others throughout our Commonwealth in advocating for greater Medicaid reimbursement for Adult Day Health Care Services.

As always, thank you!

Jane

### A Word from Katie

Happy February everyone and happy early Valentine's day! The last month has brought us a lot of changes here at the center, including some new faces!

We also had our first official "accumulation" snow day on January 7th! That makes Cynthia and Kevin the winners of our A.C.C. Snow Day Competition! While that three inches of snow was nice, we are all still hoping for a little bit more!

Speaking of snow, we had fun this month with our grandfriends from Freemont Street Nursery building our own snowman and writing our own story about him. We wanted to share our snowman story with you all.

#### A Snowman All My Own

Once upon a time, we had a really heavy snowfall, and we decided to go outside and make a snowman! The first thing we did was roll up a big snowball, to make his body. Then we rolled another smaller snowball to make his head. We made his eyes out of coal and gave him a great big carrot for his nose. Then we put a hat on him to keep his head warm outside, and some gloves for his hands. After we were finished building our snowman, we realized we were hungry and ate our snowman's nose! It was the best snow day we ever had!

*Katie*

### Nurse Notes

#### **Coronavirus<sup>1</sup>**

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a coronavirus) identified as the cause of an outbreak of respiratory illness first detected in Wuhan China this month. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, suggesting person-to-person spread is occurring. Patients with confirmed 2019-nCoV infection have reportedly had mild to severe respiratory illness with symptoms of fever, cough and shortness of breath.

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of Middle East Respiratory Virus, which is also a coronavirus. Coronaviruses are common in many different species of animals, including camels and bats. Rarely, these coronaviruses evolve and infect humans and then spread between humans. Recent examples of this include SARS-CoV and MERS-CoV.

<sup>1</sup>CDC.gov

*Marilyn*

Congratulations to Whitney & Mark on the birth of their beautiful, healthy baby girl,

*Aurora Jade*

born January 25<sup>th</sup>!



Meet the newest member of the Adult Care Center Team:

*Carol Peterson*



"I am a wife and mom of four children. I have five grandchildren. I highly regard God first in life. I came to Winchester 25 years ago from Maryland and I have been a CNA for 40 years. One of my soul missions is to help people. I feel I am right where I need to be."

Welcome to the family, Carol! We're happy you're here!

I know you are all anxious to hear that Louise is expected back to our Center Family February 17<sup>th</sup>.

After some necessary medical attention for a leg wound, Louise will be raring to get back to what she does best – "sharing the love with Center participants and their families". 😊

Adult Care Center of the NSV  
411 N. Cameron St.  
Winchester, VA 22601  
(540) 722-2273  
[adultcare@ntelos.net](mailto:adultcare@ntelos.net)