



2020

April



Just a reminder...



**Stay home and stay safe! But if you have to go out...**

- Avoid close contact with people, especially those who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Dear families,

I hope you are all doing okay through these challenging days. The staff thinks about you all, and wishes things were different so that we could be open and see you and your loved one as before.

But as it is, I'm sure you already realize that the Center will remain closed at least through June 10 per the Governor's stay-at-home order. That, and for all practical purposes, because COVID-19 has not peaked, and we are safest doing so. Like everyone else, we really don't know when things will return to normal.

Please know that payment for your unused days in March is credited towards days we are open again. If for any reason that is not acceptable to you, please give me a call at 540-247-6220, or leave a message on the Center phone 540-722-2273 and I will get back with you.

Some of you have expressed concern how the staff will fare through this time of unemployment. Thank you so much for your thoughtfulness. I can assure you that our Board of Directors is attentive to our situation and making decisions that help us all weather the storm. There is also promise of help in the stimulus package and we are applying for what we can through that.

So, with all that said, I want to also assure you that we are a strong organization and will remain so even after this time of closure. We will be here for you when this devastating event is behind us. And you will come back to a street without road construction!

On behalf of all the staff, we miss you and can't wait to open our doors once again.

*Jane*

"Head up, heart open. To better days!"

– T.F. Hodge

Be sure to take a look at our facebook page <https://www.facebook.com/ACCOFtheNSV>, for posts and videos on exercise, recipes, music playlists, and more. We are posting new content weekly! Below are some links to tips on staying active and healthy during this trying time.

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

[https://video.search.yahoo.com/yhs/search?fr=yhs-symantec-ext\\_onb&hsimp=yhs-ext\\_onb&hspart=symantec&p=seated+exercise#id=1&vid=fd32a13527438a1e52c2762e3ecfe983&action=click](https://video.search.yahoo.com/yhs/search?fr=yhs-symantec-ext_onb&hsimp=yhs-ext_onb&hspart=symantec&p=seated+exercise#id=1&vid=fd32a13527438a1e52c2762e3ecfe983&action=click)

## A Word from Katie

Happy April friends!

While this Spring has not gotten off to the best start, let's not forget to take time every day and find a few things to be thankful for! I encourage everyone to get outside as much as you can (weather and social distancing permitting), even if it's just sitting in your front yard. The sunshine on your face and smell of the fresh air can do wonders!

We will continue posting some activities on the Adult Care Center's Facebook page, but in the meantime here are a few daily activities you can do to help with the restlessness that may be setting in.

- Call a friend - there's nothing like calling up a friend or a family member and just checking in. Sometimes nothing is more comforting than a good friend's laughter.
- Write down three things that you are thankful for. You can do this in the morning or before bed, but just think of 3 good things that happened to you and write them down so you have them to look back on.
- Read a new (or an old favorite) book that you have lying around the house.
- Don't forget to stay active! A nice 15- minute walk outside can be great if you have the space to do it. If you have to stay indoors, seated chair exercises are always good!

We miss all our friends deeply and can't wait to see everyone again. Until then, stay home, stay safe and stay positive!

*Katie*

## April Featured Painting

Trees and Birds  
2019

Our art piece this month was chosen very carefully to be something that brought everyone a happy feeling. After the long, cold, dreary winter days are finally over it is so nice when you get that first Spring day and you look outside your window and the sky is blue and the trees are starting to turn green again and get their blooms! It was around that time of year my mom would always tell us to "open the windows, go outside and shake off the winter dust."

Don't forget to do that these next few days, sit outside or maybe open a window or two and shake off that old winter dust!



## Helpful info...

Walmart on Pleasant Valley Road in Winchester offers grocery delivery if you are within their range (enter your address on their site listed below to find out). If you aren't, they also offer no contact grocery pick-up. You can go to [Walmart Grocery](https://www.walmart.com), create an account and shop. They are only scheduling two days at a time right now, so check back frequently and get your order in early. Martin's, Aldi (offering free delivery on first 3 orders of \$35 or more with code), and Schenck Foods also offer pick-up and delivery -

<https://martinsfoods.com/>

<https://www.aldi.us/en/shop-now/grocery-delivery/>

<https://schenckfoods.com/>

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Here are some links for caregiver tips during the pandemic.

[https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

## Nurse Notes

I have found it difficult to pick a subject for this month. So much in our lives is in turmoil, with so much uncertainty. I know that we will come through this, but I pray for all of our families and staff that we may remain well and keep our wits about us during this time. I hope that everyone can safely venture outside and get some exercise and sunshine, and find routines that are comforting. I look forward to the day when we can be together again.

*Marilyn*



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