



## Adult Care Center of the NSV, Inc.

Encouraging, engaging, & enriching since 1993

2020



Just a  
reminder...

Please stay safe and healthy!!

Being at home more, people have turned to online shopping and delivery to your door. Much of that shopping is done on Amazon. When shopping on amazon, start with [www.smile.amazon.com](http://www.smile.amazon.com). Link your current Amazon account and choose Adult Care Center Of The Northern Shenandoah Valley as your non-profit. Shop as you normally would and .5% of the total of your purchase will be donated to the Center at no extra cost to you! Please share with your family and friends. This link can be found on our website [www.adultcarecenter.net](http://www.adultcarecenter.net) too! We appreciate your support and look forward to safely serving our community again.

Dear Families,

I am reflecting back to when we closed March 18 due to COVID-19 and thinking then it might be for two weeks. It's mind-boggling that we are now in June and still not open. (I know, I used to write about the street project getting wrapped up and now it's this!)

While Phase 2 of the Governor's plan begins June 5<sup>th</sup>, and that allows for assembly up to 50 people, we remain extra cautious as our region is not out of the woods and thus, our participants are still particularly vulnerable.

While we wait for our re-opening, we continue to work on new policies and strategies with guidance from the Health Department and the CDC. When we are ready to announce our re-opening date, you will get a letter from us with a review of our procedures, which includes screening each participant each day. A Center nurse will also call you for any updates to the medical charts. We appreciate the information you share weekly with us. We all are interested in how everyone is doing.

Along with our Center being closed for over three months, we also worry about our community businesses that have taken a hit. So many of these businesses help us during the year by donating to our fundraisers. I'm committed to local shopping as much as I can, and I know others are as well. You can check our website at [adultcarecenter.net](http://adultcarecenter.net) for individuals and business that have donated to our program. Please support them if you can.

The Center won't be having its annual "Lunch n Bid" Fundraiser this year – the first time we've missed a dinner/auction since 1995. People are still being good to us though. Since closing March 18, we've received over \$9,000 in donations. This helps pay those bills that continue to come each month – whether we are open or not.

Lastly, word is beginning to get around about my plans for retirement this Fall, so I thought it best to make the announcement now. Three years ago, I discussed with the Board of Directors my plan to retire when I turned 62 in October of 2020. I can't believe those three years are almost over, and I can't believe some of my last months are spent dealing with a pandemic. But here we are! I love the Adult Care Center and everything about it. It's just time to let someone else have the honor of directing this ship. But until that time, we've still got work to do and a business to get back open.

Thanks for sticking with us through thick and thin. We love you.

*Jane*

## A Word from Katie

Happy June everyone!

The arrival of this wonderful month means Summer is right around the corner!

There are so many wonderful things about summer. Sitting outside in the sunshine, the pool opening, and my personal favorite...POPSICLES! I've always thought popsicles were one of the best treats in the Summer. Instead of going to the store and buying popsicles though, here is a simple recipe to make your own (much less sugar and much more fun!).

Just choose your favorite fruit, blend ingredients together. Freeze and enjoy!!

Happy Summer everyone!



## June Featured Painting

Lavender Bushes

2019

Artist: Cynthia Perry

This piece of art was created by a participant in our Center this past Fall, but I think it truly reminds me of Springtime. The beautiful mixture of purples and pinks give this lavender bush an almost mauve color. It includes beautiful green stems and a pale blue background that resembles the sky on a clear day. While going around the room and talking about this painting, everyone had different opinions of the picture, but everyone agreed these lavender bushes would be a beautiful addition to anyone's front yard!



## Nurse Notes

### Mental Health and Coping with COVID-19

This is a stressful time, and the CDC suggests the following coping mechanisms:

Take breaks from the news, including social media  
Deep breaths, stretching, meditation/prayer  
Healthy, well-balanced meals  
Regular exercise  
Adequate sleep  
Avoid alcohol and drugs  
Make time to unwind, through activities such as crafts, music, puzzles, etc.  
Connect with others, talk to people you trust about how you feel  
Learn the facts about Covid-19 from reliable sources  
Call your health care provider if stress get in the way of your daily activities for several days in a row

Mental health problems can present at physical complaints (such as headache, stomachache) or cognitive problems (such as having trouble concentrating).

*Marilyn*