

Our Mission:

The Adult Care Center provides assistance to those with conditions impacting memory and independence for the purpose of enriching one's life story through encouraging and engaging services and activities.



Reminder!

~ Caregiver meeting: Susan Sheets from Best Care will be presenting on Palliative Care in April. More information to come.

~ Billing is now done on the 25th. If you need to schedule changes for approval, please do so before the 25th. We will do our best to accommodate your request.

~ Please Google us and leave us a review online. Also, if you are on [facebook](#) you can leave us a review on there too.

~ Tickets are now on sale for our annual Lunch N' Bid fundraiser. Tickets are \$35.00 each. If you would like to be a sponsor, please contact the Center.

~ Raffle tickets are now on sale for 4 Diamond Club Washington National tickets! You will get access to the Diamond Club facilities at the ballpark, and free food and beverages (alcohol included). Value \$650.00. Tickets are \$10.00 each. See Dawn or Jane.



"Over the years I have met and worked with the Center's staff, and have met several of the Center's board members. I could not ask for a more dedicated, caring, and professional group of people. For us, the Center has always seemed like "family". And I mean that in the truest sense of the word."

- Robert Derrico

Think Spring!

After a cold winter, Spring weather is a welcome site (or feeling)! Since you and your loved one have been cooped up in the house all winter long, here are a few ideas for those Spring days of cool and warm weather.

~ Get outside and enjoy nature. Enjoy some fresh air and sunshine. Go for a walk, feed the birds, or just sit outside. Keep your loved one comfortable with plenty of layers, a hat, or a light scarf. Maybe go for a stroll through the farmer's market and enjoy the fresh produce and lovely flowers.

~ On those cool or rainy Spring days, try some indoor gardening or coloring some floral pages in adult coloring books.

~ Have a family gathering. Make it a potluck and let your loved one help you make a dish for everyone to enjoy. There are some no-bake/cook ideas on our [pinterest](#) page.

~ Spring cleaning is a good way to encourage your loved one to get rid of some clutter and also reminisce while going through keepsakes and old photos together.

<http://dailycaring.com/6-fun-spring-activities-for-seniors/>

A Word from Whitney

Not just for fun in music: Intergenerational group music therapy

Every Friday morning, children (ages 4-5) from Fremont Street Nursery come and have music with us. Every participant looks forward to them coming and being the children's grand friends. During and after the music time, I see smiles on many of our participants. This is how I know this music session really means something to them, especially their psychosocial well-being. "Older adult participants perceived an increase in their feelings of usefulness towards the child participants..." (Belgrave, 2011, p.504). In addition, intergenerational music therapy group benefits both generations by improving cross-age interactions and cross-age attitudes. Belgrave (2011), in the section of cross-age interactions: "Children may have encouraged older adults during the moving to music activities or older adults may have assisted children with spelling... They often find joy in helping others" (p.502); in the cross-age attitudes section, which both generations' attitudes became more positive to each other while they worked together in the session (Belgrave, 2011). The most important elements in this intergenerational group are love, caring, and supporting each other.

Reference'

Belgrave, M. (2011). The effect of a music therapy intergenerational program on children and older adults' intergenerational interactions, cross-age attitudes, and older adults' psychosocial well-being. *Journal of Music Therapy, 48(4), 486-508.*

Nurses Notes



Seasonal Allergies¹

Springtime is the typical start of seasonal allergy symptoms in Virginia. Symptoms may include itchy eyes (don't rub the eyes, as this will generate more histamine release and worsen symptoms), sneezing, runny/stuffy nose, sometimes cough, but not fever. The allergy symptoms are the result of the immune system reacting inappropriately to harmless materials by producing immunoglobulin E (IgE) antibodies. Pollen is often a culprit, and at its highest levels on hot, dry, windy days. A hard rain will wash down pollen for a short time, and then the levels may rise as plants respond to the rain. Stay indoors during mowing. Allergies may lead to sinusitis, or trigger an asthma attack. Consult your loved one's physician before giving over-the-counter antihistamine medication, as some are contradicted in the elderly. A cloth soaked in cold water and pressed gently on the eyes can provide some relief from itching.

¹medlineplus.gov

Volunteer Highlight

*Dennis
Bolduc*



Dennis volunteers Monday morning and Thursday Afternoons, and does a great job getting his groups engaged in crossword puzzles, trivia, scrabble, and a lot of friendly conversation! He may lead a "cycling class", and he often takes several trips up and down the hall with a load of instruments for music and spirituality. Dennis assists at meal time, always showing lots of warmth and encouragement for our participants.

Over the course of Dennis's time with us, he has become an avid Redskins fan so he can swap stories with participants and staff alike.

Dennis and his wife Elizabeth live in Frederick County. They are season ticket holders to Winchester Little Theater, enjoy trying new restaurants, and love getting together with friends

Thanks to Dennis for his dedication to the Center!



Adult Care Center Paint Night Fundraiser

♪ Want to be with us at Apple Blossom time? ♪ Come join us for paint night on Friday, April 20th at Christ Episcopal Church, located at 140 W. Boscawen St., Winchester, VA, and create your own beautiful apple blossom 12x12 watercolor masterpiece.

Clare, from Clare's Custom Studio will be our instructor and will walk us through the process step-by-step. Tickets are \$35.00 each or you may reserve a table of 6 for \$200 to be sure you and your friends are together. You can click [here](#) to pay for your tickets through PayPal (no account needed if you pay with a debit card), or make checks payable to Adult Care Center and drop off or mail to: 411 N. Cameron St., Winchester, VA 22601.

We will have snacks for sale at the event. Each guest (21 and older) will receive 2 complimentary glasses of wine.

Please bring your ID with you.

This is a new fundraising event for the Adult Care Center of the Northern Shenandoah Valley and is open to the public, including children 12 years and over. All proceeds will go to the Adult Care Center for operating costs. Check out our website for more information about our great organization: <http://adultcarecenter.net/>

You can also get tickets and see more about the event on our facebook page at:

<https://www.facebook.com/events/160070831376134/>



We are also proud to be a United Way Partner Agency