

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.



REMINDERS:

~ St. Patrick's Day Party on Wednesday, March 14th. Wear your green!



~ Spring Fashion Show/ Easter Celebration on March 30th. Don't forget to bring extra clothes to walk the "Runway"!



MARCH 2018



"I think what makes the Center so special is their activity program. When I visited, their clients were in small groups and they were getting so much attention. I think we need to remember the importance of socialization for this population. And their art program is incredible."
-Community Member

Dear families,

I recently submitted a community impact grant to the United Way requesting funding to support folks who might need financial assistance to attend the Center. I won't know the results for a few months, and the competition for grant money is stiff, but I'm hopeful we will be awarded some funding to strengthen our ability to help.

At yesterday's Adult Care Center Board of Directors meeting, the Board approved our 2018 fundraising goal of \$45,100! This dollar amount is separate from grants. It is what we will raise to help meet the annual budget without increasing rates for service.

I read with interest a 2017 survey from Genworth Financial which showed the cost effectiveness of Adult Day Health Care. According to this report, the national median *daily* rate for adult day health care was \$70.00. (Our rates range from \$59 to \$63.00). The highest *median* monthly payment for adult day health care was \$3,642 (Alaska)! Rounding out the top five was Minnesota at \$1,788 per month. As you know, we are well below that figure.

I really am so proud of what the Adult Care Center offers at our daily rate. Some Centers go without a registered nurse (how, I don't know). Not many Centers can boast of two Music Therapists like we can. And, we are so fortunate to have two Certified Nursing Assistants with incredible experience and skill. We also have an Administrative Assistant with an aptitude for learning something new every day – especially how to use the computer for greater efficiency that helps all of us.

We're going to raise \$45,100 this year because you and your loved one are worth it to us. If you want to be a part of the fundraising fun, or know someone who might, please let me know. We can always use the help.

Thanks so much,

Jane

Nurses Notes



Weight Loss with Alzheimer's Disease¹

Weight loss often accompanies Alzheimer's Disease. The disease affects the medical temporal cortex, a portion of the brain which is involved in feeding behavior and memory. The following are some suggestions to encourage intake:

1. Light exercise during the day may increase appetite.
2. Add additional seasonings to counter reduced sensation of taste.
3. Offer the most calories when the loved one is the most alert.
4. Maximize self-feeding skills by contrasting the color of the plate with the color of the food, presenting one food at a time, selecting glasses and cups in which you can see the beverage, and selecting utensils with easy-to-grasp handles.
5. Reduce overstimulation and distractions during the meal.
6. Ensure food is tender and cut into small pieces.
7. Monitor oral health and denture fit.

¹Crisisprevention.com

A Word from Whitney

Spiritual life care is important: Music & Spirituality

Kidwell M.D. (2014), "Spirituality is a domain of health care that for some time was overlooked, with more emphasis placed on physical needs and how to treat or cure disease. Now, as the philosophy of treating the "whole person" becomes standard practice, spirituality is becoming more integrated into the approaches of healthcare providers" (p.129).

The first activity of the whole week begins with *Music & Spirituality*, which provides positive energy for getting rid of terrible "Monday Blues."

Sometimes, participants show peaceful or satisfied facial expressions when they sing a hymn together; sometimes, we laugh a lot at someone's humor in the group. The most meaningful and effective part of the session is that we share our feelings, thoughts, beliefs, and even our own faith through song discussion, one of the Music Therapy interventions. Music plays a role to elicit life experiences, to assist people expressing themselves easily, and to maintain cognitive function. Moreover, our participants always surprise me by their responses with deep and well-thought out answers, which come from their rich life experiences.



Board Member Highlight

Meet
Kerri Burkhart,
CPA



Kerri is a CPA and managing partner of Hottel & Willis, P.C., located in downtown Winchester, Virginia. She has spent over 16 years with the firm, which has afforded her the opportunity to develop strong relationships over the years with both clients and colleagues. Kerri believes strongly in giving back to the community, and has been involved with the Adult Care Center since 2001, and was the recipient of the Center's 2016 "Sonny Shiley Volunteer of the Year Award". She enjoys being an active member of the Winchester Rotary Club, serving on various committees and helping with many of their projects and events. Kerri resides in Martinsburg, WV with her husband, Larry, and their son, Nick. They are active members of St. Joseph Catholic Church, and enjoy fun times with family and friends. Kerri particularly enjoys watching her son play soccer and basketball, listening to him play percussion in the school band, and taking beach trips with her family.

We appreciate your love for and dedication to the Center, Kerri!



Bennie enjoying our furry visitor, Diddle!



A few ladies from Valley Health celebrated Valentine's Day with us. They brought and served us ice cream too!



It's always a great time when the kids from Fremont come to visit us.

February Fun!