

## **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.



**JULY** 2018

Dear families,

Here we are, more than halfway through the year already! The time has gone fast and our days are busy, but so rewarding. Many of you have commented how full we are when you come to pick up your loved one. We like it that way, although for a time this year we put assessing new clients on hold while we caught our breath and thought through how to best safely navigate our steadily growing group.

We currently have 40 participants on our roster. Licensing regulations prevent us from welcoming any more than 35 on a given day. We decided to stop at 30 per day so we could assure that not only would we always meet our staff-to-participant ratio determined by licensing standards, but that we could assure the quality of care in the space we have.

Next year, the Center will celebrate 25 years of full-time operation. Board members are already gearing up for a special celebration. If you would like to be on a planning committee (we will be starting meetings soon), please let me know. We'd love to have you help us.

If you're out and about Saturday morning, July 28<sup>th</sup>, stop by the Belk's parking lot at 8:00 a.m. for a huge Rubbermaid sale. In partnership with The United Way of the Northern Shenandoah Valley, Rubbermaid, and the Salvation Army, a semi-trailer of merchandise will be offered at rock-bottom prices. This sale benefits the Adult Care Center.

And as always, thank you for allowing us to be part of your family. Our door is always open for suggestions, questions, and comments.

Jane

## Upcoming...

Rubbermaid Sale to benefit the Adult Care Center



**July 28<sup>th</sup> beginning at 8 a.m. in the Belk parking lot at Apple Blossom Mall**

Friday, July 13<sup>th</sup> is national different colored socks day! Be sure to wear your mismatched socks



**Please join us in welcoming two of our newest Board Members**



**Rosalie Lewis**  
*MSN, MS, RN, FCN*

I moved to Winchester, VA in 2003 and for the first time in my life, live very close to my work. I have two grown sons and two adorable granddaughters that keep me on my toes! I have a real passion for nursing which has been a 47-year, amazing adventure. New to the ACC Board, I look forward to working with very talented professionals that support a great cause – our aging population.



**Joyce Casey**

I am a native of Frederick Co. and a graduate of James Wood High School, Mary Washington College and have a Master's Degree from Georgetown University. I held a position at the Korean Embassy and the Organization of American States in D.C. I'm a retired school teacher after 32 years. I currently volunteer at the Handley Library. I have two sons, eight grandchildren, and recently became a great-grandmother. I adore our golden retrievers, Kate and Grace.

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

## Nurses Notes



### Keeping Hydrated in Hot Weather<sup>1</sup>

Older adults do not adjust as well as young people to sudden changes in temperature. In addition, they are more likely to have a chronic medical condition that changes normal body responses to heat, and they are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat. To stay cool and hydrated:

1. Stay in air-conditioned space as much as possible. Don't rely on fans alone during hot weather.
2. Wear loose, light-weight, light-colored clothing.
3. Take a cool shower/bath to cool down.
4. Drink enough water. The conventional recommendation is eight 8 oz. glasses per day (The Mayo clinic recommends more). Consult your health care provider for specific recommendations, but in general intake should be sufficient to produce urine which is pale yellow in color.

<sup>1</sup>cdc.gov

## *A Word from Whitney....*

Each day is special: *Special Events*

We love to celebrate and recognize different holidays throughout the year. For Mother's Day, we thank all of the mothers for their special sacrifices. On Father's Day, we show our appreciation to each father for being a Superman!

At Thanksgiving, we remember our history and honor those who established this sweet home for us in America. And the whole month of December is special event planning for, and celebrating, Christmas.

We honor each participant on his/her birthday, and allow them to shine in the group.

Our fashion show is one of the seasonal events that I enjoy very much. Participants bring their unique outfits, or dress up on that day for their walk down the runway. I learn more about our friend's styles and preferences on those days.

We help our participants connect to reality to maintain cognitive skills, and to orient to the community.



## *Activities in Action*



2017-2018 PROVIDER MEMBER

We are also proud to be a United Way Partner Agency