

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!

~ Client billing goes out on the **25th** of the month. If the 25th falls on a weekend, it will go out the Friday before.

~ We will be **closed on May 4th** for Apple Blossom

~ We will be **closed on May 28th** for Memorial Day

~ 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.

"The artwork on the wall is amazing. The clients seem so happy. I was so impressed with the staff and their care."

~Community Member

As the fundraising chairman for the Adult Care Center Board, I am, of course, very focused on the special projects that provide the needed monetary support for the many programs we provide.

Our "Paint Night", held at the Christ Episcopal Fellowship Hall on Friday, April 20th, was attended by 62 ladies, gentleman, and several youths and netted over \$1,200. This will go toward our budget and programming. Many thanks to all who attended and created lovely water color pictures of apple blossoms. We're thinking about making this an annual event.

On Sunday, June 3rd, the annual "Welcome Summer" luncheon and auction will once again be held at the George Washington Hotel. Our goal for this event is \$23,000. Those who have attended this affair in the past know what a great time we have. In keeping with our summer theme, our luncheon will feature delicious Barbeque, with all the great Southern side dishes and desserts. There will also be a cash bar available.

Our live auction will again feature a gift certificate from the Five Gables Bed, Breakfast, and Spa in St. Michaels, Maryland. Also available will be Sue Ramey's coconut cake, a participant-made quilt and a sushi class for 6 by Barbara Hinline.

Washington Nationals tickets are once again our most sought-after raffle items. Raffle tickets may be purchased for \$10.00 each during the event, or in advance at the Center or from any Board member.

Please consider joining us on June 3rd for our biggest fundraiser of the year and help us continue the great work that we do. As a volunteer at the Center, I have seen first-hand the patience, love, and professionalism exhibited by our staff. The smiles and laughter of our participants as they engage in the outstanding programs bring me such joy. I'm so proud to be a small part of this organization.

Linda Shimer

Nurses Notes



Celebrations & Crowds

With Apple Blossom approaching, it can be great fun to join the celebrations, but it can be difficult for someone with dementia to handle crowds.

Recognize the signs that may indicate that your loved one may be getting overwhelmed. Morning activities may be preferable to afternoon activities, as some people develop anxiety in the afternoon. Search out smaller venues, that may have quiet corners and easy exits. Consider staying for less than the full time, and encourage your loved one to eat (which engages the parasympathetic nervous system and has a calming effect).

~ Marilyn



Thank you to American Woodmark for presenting us with a \$2,500.00 donation! American Woodmark has been a friend to the Center for many years. We were delighted that the Center Board Treasurer, Christopher Francis and Fundraising Chair, Linda Shimer could join us for the acceptance.



It looks and feels like Spring has officially sprung! We are taking full advantage of these beautiful days and getting outside for some fresh air!

Pete Lawrence from Right at Home sponsored a fun Ice Cream Social at the Adult Care Center today. Pete also introduced us to our talented new friend, Bob Blundell.

We all enjoyed the great music topped off with cake and ice cream. Thanks Pete and Bob!



Board Member Highlight



David Booth

I was born on September 5, 1955 in Martinsburg WV although we lived in Shepherdstown at the time. I stayed around this area until 1964 when my parents packed up my three sisters and I in a Rambler Station Wagon and moved to South Florida! We all stayed down there until the mid 70's and slowly migrated back up to Winchester. I have lived here since 1978, married in 1980 and, had our one and only child in 1984. In 1989 when my son was starting kindergarten I decided to go to college. I was in the first Physical Therapy class at Shenandoah University and have been a practicing therapist since graduation in 1993 with Valley Health. 'Love my work! I now have twin four-year-old grandsons and another boy on the way. I truly appreciate all that the Adult Care Center does for our Community and am happy to be a part of it!

We are happy you are a part of it too! Thank you, David.

A Word from Whitney....

Fun times with the Price is Right!

We are fortunate to have a sponsor, Linda Shimer, who is willing to donate items for this activity to keep running on the last Wednesday of every month. The host will randomly draw three participant names to guess the price at the same time. As a host, we try to promote the item like a salesman to increase positive motivation for our participants. That is so fun to me!

The purpose of this activity is to keep participants attuned to the changes going on in their outside community by attempting to guess the cost of the featured items. Participants practice active listening, socialization, independent thought, and reminiscing. The activity also promotes participants' sense of maintaining autonomy. Best of all, everyone has fun and whoever guesses the most accurate cost receives the item as a prize!

~ Whitney

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We are also proud to be a United Way Partner Agency