

Dear families,

The Greek Philosopher Aristotle was born 2,400 years ago, but still holds claim to one of the most popular quotes on volunteerism: “*What is the essence of life? To serve others and to do good*”.

The Adult Care Center’s bedrock is volunteers. Our very beginning came from a group of committed people volunteering their time to meet a community need. And to this day our paid staff will tell you, “we couldn’t do it without our volunteers”. From our seventeen-member Board of Directors, to the hands-on support Monday through Friday, we continually benefit.

In 2018 alone, over 1,173 hours were logged by two registered nurses. Additionally, help on the floor with activities, or kitchen duties, totaled over 700 hours!

Come in on Monday mornings and there’s Denny Bolduc working a group crossword puzzle. If you pop in around 10:00 a.m. on Tuesdays, you’ll see volunteer Marilyn Heath setting up a splendid tea party with fine china and steeping teas. Caroline Boyce is a whizz setting tables or leading an exercise group. Kate Petranec flows easily as well from setting up snacks to keeping great company with our participants. Diane Shipe leads a “Life Story” group Wednesday mornings, and supports every fundraising effort we put out there! You’ll see Linda Shimer on the floor at least one day a week, if not two, as well as leading the fundraising committee of the Board.

On February 5, our licensing inspector popped in for a 7-hour inspection. During this time, she thoroughly reviewed medical charts, personnel files, annual training requirements, staff schedules, etc., etc! She observed activities in action, medications being administered, and the over-all day-to-day flow. She talked with a family member and with a participant. Inspections are extensive. At the end of the day, our report came back with “no non-compliance or violations”! All that hard work and commitment to this program really pays off.

And to that end, we also thank our volunteers. Paid staff have daily duties and responsibilities. Every piece is part of the whole, and each person must do their part to make a great inspection. Volunteers at the Center give us that extra boost so that it all gets done – all the paperwork, the meaningful activities, the personal care, the record-keeping, the charting. What we want to show most at the end of the day is that our participants have been served to the very best of our ability. Because of volunteers, and their gift of “serving others and doing good”, we are much more likely to meet all of our responsibilities and achieve our goals.

*Jane*

Just a reminder...



- **PAINT NIGHT APRIL 12<sup>th</sup>**. See back for details.

- If you are able to discourage your loved one from bringing the following, it would help us and maybe even help you from having something valuable given away (this is a loving group of folks we have here):

~ cough drops  
~ money  
~ jewelry you do not want to lose  
~ hard candy  
~ wallets with money, credit cards, or personal information

Thank you for your help with this!

### Nurse Notes

Being active and getting exercise helps people with Alzheimer’s disease feel better. Exercise is healthy for muscles, joints, and the heart. Exercising in groups makes it fun. Encourage someone with Alzheimer’s to do as much as possible independently yet safely.

Here are some tips for helping them stay active:

- Help get them started
- Several 10-minute “mini-workouts” may be best
- Take a walk together
- If they walk alone, make sure they have an ID bracelet
- Add music to the exercises
- Make sure they are dressed comfortably
- Make sure they drink water or juice after exercise

Some people with Alzheimer’s may not get around well. If they have trouble walking, they may be able to:

- Use a stationary bike or [pedal exerciser](#)
- Use [soft rubber exercise balls](#) or balloons for stretching or throwing back and forth
- Use [stretching bands](#) (be sure to follow instructions)
- Lift [weights](#) or household items such as soup cans

<https://www.nia.nih.gov/health/staying-physically-active-alzheimers>

\* There is an exercise book and DVD available to you on the rack behind the front desk. Free!

*Marilyn*



While remaining a private non-profit organization, the Adult Care Center partners with a consortium of services on Cameron and Baker streets under the property management of “Our Health”.

Our Health’s mission statement is “Connecting Partners, Serving Community”, and we wanted you to meet two stewards of that mission: Dan Rose, Director of Building and Grounds Services, And Brian Bober, Building Maintenance Tech.

When snow starts falling in the night, these are the guys snow-blowing and shoveling in the early morning hours. When that nuisance sleet hits our entryway, these are the two making sure the Adult Care Center path is salted and ready.

Whenever we have an issue here at the Center, these guys are here to help. Sure, it’s their job. But, there are over 20 organizations on the Our Health campus. That’s a lot of folks to make feel like you’re the only one.

Community partnership is at the heart of any non-profit organization. We’re grateful to so many – and among those at the top are these two!

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

*Jeopardy fun!*

*Jeopardy!* Is one of the most popular television game shows in the U.S., which debuted on March 30, 1964. *Jeopardy!* will have its 55<sup>th</sup> birthday this month. We bring *Jeopardy!* to the Center as a team game. We try to make our game as real as the TV show by using technology, such as the computer and the smart board, but do not set a time limit like the original show. Our participants never cease to amaze us with their knowledge. This activity encourages our friends to recall information from history, including names, dates, people and places. We also focus on other areas of interest, such as music, movies, and animals.



A Paint Night  
Fundraiser for  
the Adult Care  
Center of the  
NSV

Clare’s Custom Studio presents  
**Bird Silhouettes**

April 12, 2019  
6-8 pm  
\$35  
Christ Episcopal Church  
Winchester, VA

April 12, 2019 from 6-8 p.m. at [Christ Episcopal Church located at 140 W. Boscawen St., Winchester, VA 22601.](#)

The cost for this event is \$35 per person. To purchase your ticket, contact Dawn at the Adult Care Center at 540-722-2273 or by email at [daclarke81@yahoo.com](mailto:daclarke81@yahoo.com). You may purchase your ticket via PayPal. Click [https://paypal.me/ACCoftheNSV?locale.x=en\\_US](https://paypal.me/ACCoftheNSV?locale.x=en_US) and enter \$35 (x as many tickets as you are purchasing) as your donation amount. You can visit our [event](#) on facebook for more information.

You can now view and reserve any of our 81 unique, one-of-a-kind paintings available for purchase on our website! Follow this link <http://adultcarecenter.net/art-on-the-brain/shop/>, click on the painting you are interested in and view a description of how this work of art came to fruition. Prices are listed with each painting. If you would like to purchase a piece, click "add to cart" and then "checkout". At this time, we are offering pick-up at our Center. We accept cash, credit (add 3% fee) and checks. Enjoy the previews below. Happy shopping!



### *Board Member Highlight*

*Meet  
Varina ‘Vee’  
Favenner*



I have lived in the Winchester area since 1970. I have a husband, Steve, and two adult sons. I graduated from JMU (James Madison University) in 1983 with a double major in psychology and social work. I retired in 2017 after having worked for the Social Security Administration. I enjoy sports, music, spending time with family and friends and walking our dog, Sadie. The ACC provides wonderful services to adults in our community. It is an honor to be serving on the board of the ACC with such dedicated staff and board members.

“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



We are also proud to be a United Way Partner Agency