



2019

Dear families,

We love your positive feedback about the daily activities we offer at the Center. It's literally music to our ears (pun intended) when you pick your loved one up at night and comment on the lovely piano and flute concert featuring Whitney and Katie. Or, you notice that people are really enjoying the movie that's playing. Thanks for taking the time to tell us.

We know it is not always easy getting your family member here. It's a commitment of your time, your energy, and sometimes your patience. You've adjusted work schedules, and a host of other things that you do during the day, so that you can bring your loved one here. We're so grateful that you do. We really want your satisfaction – not just so we can hear nice compliments, but because it means this is working for you, and that it is helping your family.

To keep up with our busy days, and to make sure we have enough hands on deck, we added Tonya Wallace to the staff roster. What a great team member as she sails from helping with an activity, to assisting someone at lunch, or to walking a participant to the bathroom.

The Center really is a hub of activity during the day. It is important to us is that our participants voices are being heard. Prior to each activity, participants are offered a choice of which program they want to attend. For example, they decide if they want to paint, or work on a group crossword puzzle. They decide if they want to go to cycling or go to exercise class with light weights and medicine balls.

And to show how much we listen, we've declared each Wednesday "Adult Care Center Tee Shirt and Jeans Day" because the participants told us how much they liked the staff wearing our red tee shirts. No complaints here!

Always feel free to call us if you're wondering how your loved one is doing in the various activities. We can also take a short video on our phone and show you as well.

Happy Spring,

Jane

Just a reminder...



- Washington National raffle tickets are now on sale! Just \$10 each. Only 250 being sold.
- **PAINT NIGHT APRIL 12th** at Christ Episcopal Church on Boscawen St. 6-8 pm. \$35.00 per ticket [paypal.me/ACCofttheNSV](https://www.paypal.me/ACCofttheNSV).
- We will be closed on Friday, May 3rd for Apple Blossom and Monday, May 27th for Memorial Day.
- Our Annual Lunch N' Bid fundraiser is on Sunday, June 2, 2019 at the George Washington Hotel.
- Each time you shop on Amazon, don't forget to start with smile! Go to smile.amazon.com and choose the Adult Care Center of the NSV as your charity and Amazon will donate 0.5% of your purchase to the Center. There is no extra cost to you!

Only 250
Tickets
Available!

4 Washington Nationals Baseball Tickets

- 4 tickets to any weekday Washington Nationals game that the donor agrees to
- tickets give you access to the Diamond Club facilities at the ball park
- free food and alcoholic/nonalcoholic beverages during game either in the Diamond Club or at your seats
- Seats are about 20 rows up from home plate in the Diamond Club Seating (picture below was taken from the actual seats)
- Parking Pass included that is connected to the stadium in center field

Value: \$700

DRAWING WILL BE HELD ON JUNE 2ND AT OUR ANNUAL LUNCH N' BID FUNDRAISER AT THE GEORGEWASHINGTON HOTEL. NEED NOT BE PRESENT TO WIN.

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

A word from Katie...

We've been incorporating a lot of new word games into our daily activities this month. Our most popular word game is Big Word Small Word. This game is played by writing a word or phrase onto the board, such as **April Showers**. Next, as a group, we try to see how many smaller words we can make with the letters in that word or phrase. This game has brought out the competitive edge in the participants as they compete against one another to find the most words. They also love educating us with the definitions of words we may not know. They also show off their impressive spelling skills!

We've also been enjoying Hangman. Our friends enjoy guessing the letters and trying to put the words together before they can put a full person together. Each wrong letter guessed is a body part added. Our toughest phrase so far was SPF 50.

These games help to stimulate concentration. Solving puzzles improves our spatial, visual, and cognitive abilities using the entire brain to find solutions.

www.claritypoint.com

Nurse Notes

Cellulitis¹

Cellulitis (sel-u-LIE-tis) is a common, potentially serious bacterial skin infection. The affected skin appears swollen and red and is typically painful and warm to the touch. Cellulitis usually affects the skin on the lower legs, but it can occur in the face, arms and other areas. It occurs when a crack or break in the skin allows bacterial to enter. Left untreated, the infection can spread to the lymph nodes and bloodstream and rapidly become life-threatening. It is not usually spread from person to person. Possible symptoms of cellulitis, which usually occur on one side of the body, include:

- Red area of skin that tends to expand
- Swelling
- Tenderness
- Pain
- Warmth
- Fever
- Red spots
- Blisters
- Skin dimpling

Seek emergency care if there is a red, swollen, tender rash or a rash that is changing rapidly and with a fever. See a health care provider, preferably that day, if there is no fever.

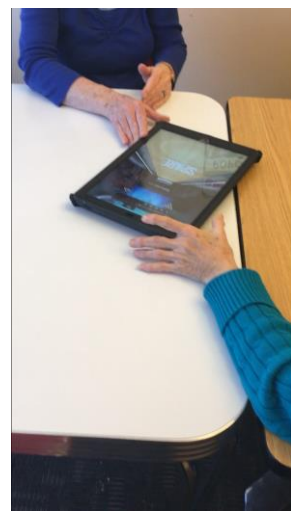
Marilyn

A look into part of our day...

There are always things to do for those choosing not to rest after lunch. Here's a few examples:



Play Scrabble



Join the Virtual bowling league



Clean our music instruments



Clean our exercise equipment

“It was also a place I could feel comfortable sending him so I could do errands and take care of other business. He had a great time! There were people he enjoyed laughing and talking with. The ACC gave meaning and pleasure to the last years of his life, in a way I could not alone.”

~ Diane Shipe, Honorary Board Member
talking about her Dad who attended the Center

