



**Just a reminder...**



- Washington National raffle tickets are now on sale! Just \$10 each. Only 250 being sold. The winner will get 4 tickets to a weekday game, access to the Diamond Club facilities, free food and alcoholic/nonalcoholic beverages during the game, seats are 20 rows up from home plate!, parking pass included. Get your tickets at the Center or ask a Board Member.
- ***Please have your loved one picked up on Thursday, May 2<sup>nd</sup> by 4:45 p.m.*** as road closures will begin at 5:00 p.m. We will be closed on Friday, May 3<sup>rd</sup> for Apple Blossom
- We will be closed on Monday, May 27<sup>th</sup> for Memorial Day.
- Our Annual Lunch N' Bid fundraiser is on Sunday, June 2, 2019 at The George Washington Hotel. Tickets are \$35.00 each at the Center or \$37.00 each at [paypal.me/ACCOFtheNSV](https://www.paypal.me/ACCOFtheNSV). Take a look at the flyer accompanying the newsletter!

Dear families,

Each year, I participate in a two-day conference with other directors of adult day programs throughout the Commonwealth. For the last four years, the event has been held at the George Washington Hotel and knowledgeable, local people present on topics of expertise.

One of the speakers at our April 25<sup>th</sup> and 26<sup>th</sup> event was Cheryl Reames from the Parkinson's support group, and carepartner to her husband with Parkinson's. Cheryl shared lots of helpful information, including these resources:

The Michael J. Fox Foundation @ <https://www.michaelfox.org/>.

The Parkinson's Foundation @ <http://www.parkinson.org/>. Their HELPLINE number is 1-800-4PD-INFO (473-4636).

The Davis Phinney Foundation @ <https://www.davisphinneyfoundation.org/resources/every-victory-counts-2017/>.

American Parkinson Disease Association (APDA) @ <https://www.apdaparkinson.org/>.

Please let me know if you would like copies of the handouts I received during the session. We realize that as a caregiver, you know a lot about your loved one's disease – be it Parkinson's, or Alzheimer's, or another type of dementia, but there may be new and helpful information for you.

I know for me, I learn something new every day. I am happy that more and more information I becoming available for personal and professional caregivers. Even if we still have a long way to go, there is progress. When I worked in a nursing home 30 (yikes) years ago the term "Alzheimer's" wasn't even being used yet – the general diagnosis, as I remember, was "organic brain syndrome", or "senile dementia".

Since we're on the topic of education, we are very excited that Whitney and I submitted proposals to speak at the National Conference on Adult Day Services in Minnesota in October, and both our proposals were accepted! Whitney will talk about music therapy and intergenerational programming, and I will present on the business model of adult day health care. I truly remember when we had our first \$5 in the checkbook, so 25 years later, I hope to help others strengthen their programs with a few ideas that benefitted us along the way. Whitney of course will wow them with her energy!

I hope you all have a good May with lots of sunshine and warm days.

*Jane*

### *A word from Katie...*

The Activity Department has been busy the last few weeks! The participants tried a new art project that involved taking pictures and phrases of their choice, cut from magazines and gluing them to make their own collage. We made one big collage when they were finished. This activity sparked a lot of conversations about interests, hobbies and occupations. Some of them presented their collage to the group describing their chosen pictures. It was wonderful to get to know each participants' interests and thoughts a little better.

In May we are looking forward to starting an indoor herb garden. Studies have shown that gardening can help reduce stress, improve hand strength and dexterity, and even help improve depression and mental health. Gardening also provides a satisfactory experience for the other senses as well. The feeling of dirt against your hands, the smell of it and the herbs mixing together, all contribute to an excellent, relaxing time!

### **Nurse Notes**     *Parkinson's Disease (PD) and Risk of Falling*

People living with PD have twice the risk of falling as their peers. One contributing factor is the primary motor symptoms of PD, such as rigidity, slowness of movement, and changes in posture. Rigidity of the torso may result in loss of balance. Changes in the center of mass may also cause a loss of balance while walking, bending over, or turning sharply. Other motor symptoms include poor postural reflexes, tendency to stoop forward, shuffling gait and 'freezing' (as though one's feet are stuck to the floor).

Nonmotor symptoms also increase the risk of falling. Low blood pressure upon standing, constipation (straining during a bowel movement can stimulate a drop in heart rate and an increase or decrease in blood pressure, which may result in dizziness). Constipation also may put pressure on the bladder, which can contribute to urinary incontinence and rushing to reach the bathroom. Fatigue and poor sleep also increase the risk of falling. Lastly, many with PD have difficulty with the ability to select, organize and sequence information. This may lead to increased distraction, which also increases the risk of falling.

This summation is from the Parkinson's Foundation. Dawn has copies of several excellent flyers which were distributed at the recent conference of adult day care providers.

*Marilyn*

### *Paint Night 2019*

We had such a fun time painting our bird silhouettes! We raised over \$600 to put back into the Center. If you were able to join us, thank you! If not, maybe we'll see you next year.



**Thanks to our very dear friends at the American Woodmark Foundation for a \$2,000 grant to purchase medical and activity supplies. Joining Jane and Louise in accepting the check is Adult Care Center Board President Thomas Turner, Ph.D, PT, SU.**

**American Woodmark Foundation enjoyed personally delivering the grant to us, and our participants enjoyed thanking them with a special drum circle performance of the song "Stand by me". American Woodmark stands by us!**

### **T-Shirts...**

We will be submitting an order for Adult Care Center t-shirts in June. If you would like to order a shirt, you can sign up at the front desk. Sizes S-XL are \$8.00 each and 2XL is \$9.00. All money is due before the order goes in. Cash (exact change please) or check made payable to Decals Plus.

