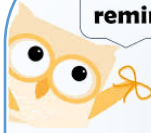




2019

Just a reminder...



- **August 26<sup>th</sup> is National Dog Day.** Please bring in a picture of your dog to share with the group and include their name, breed, age, and gender.
- With traffic being only northbound on Cameron street for a while, we suggest maybe having your loved one in the driver's side backseat for easier and faster drop-off. Things seem to be flowing very well. Thank you!

Dear families,

Thank you for your patience and flexibility as we navigate the new traffic pattern in front of our building.

On more than one occasion I looked out the window to see a car (not one of our folks) barreling down Cameron Street the wrong way! Please be careful, and mindful, of those in town who are not aware of the new pattern or, are doing it their way regardless.

I hope many of you can attend our "25 Jump and Jive" sock hop October 12<sup>th</sup> in celebration of the Adult Care Center's 25<sup>th</sup> year of operation. There is a very active committee of Board members making plans for a fun evening. Center volunteer, Marilyn Heath's, son is a professional DJ, so a perfect choice to spin records from the 50's.

There's a lot to reflect on thinking back on 25 years! Just this week, a true shaker and mover in helping our Center get started, Gerry McDonald, passed away. If you have a long history in this area, you may remember Gerry from McDonald's Trophy World that operated on Piccadilly Street. Our very first planning meeting happened around Gerry's kitchen table. She was an incredible advocate for persons with Dementia and did all she could to help get the Center's name out in the community. She served as the Center's first Board Treasurer, and she also served as its President.

As you know, Dementia doesn't care who it hurts! The youngest Center participant in our history with a diagnosis of Alzheimer's disease was 43 years old. The oldest reached 100. We have served individuals from all walks of life – some highly educated, some not. Some professionally employed in demanding jobs, some not. Some who never heard of dementia, some, like Gerry, who gave time and resources to help those with a disease she would ultimately develop herself.

I am grateful for this staff that also comes from all walks of life. Our youngest, Katie, was born the year the Center opened full-time. It is a diverse group with varying experiences, but they sure all come together to do their best for your loved one. They are truly some of the most dedicated people I've ever had the pleasure to work with. They believe so much in what we do.

I think Gerry would be happy knowing all her hard work, and her financial support given so freely those early years, was still making a difference 25 years later.

Sincerely,

*Jane*

Gerry McDonald's family donated several items to the Center. If you are in need of any of the following, please let us know and we'd be happy to share:

- ~ toilet seat cover
- ~ locking raised toilet seat
- ~ toilet safety rail
- ~ shower chair with back
- ~ bedside commode and 3 boxes of commode liners



### A word from Katie...

Happy August! July was quite a busy month at the Adult Care Center. We thoroughly enjoyed word games during last month, and especially enjoyed doing them with the children from Fremont Street Nursery. While music with Whitney and Gracie, the guitar, is definitely still our favorite activity, we shared many laughs together writing a story with the children. We hope you enjoy our story too!

### Our Day at the Beach!

*One warm summer day we went to see our friends at the Adult Care Center. We all decided to go to the beach. The first thing we did when we got there was to play with our beach ball. We all took turns throwing the ball back and forth to our friends. Next, we swam in the ocean and then had some lunch that Mariah had packed for us. Our lunch had marshmallow peeps in it! After lunch we rested a little bit and then built a sandcastle. All of a sudden, the wind blew, and a huge wave came up on the shore. The wind and waves were so powerful they knocked over our sandcastle. We were really sad at first that our sandcastle was ruined. But then we decided to build a brand new one together! We had so much fun on our beach day!*

*The End*



### Nurse Notes

### **Improving Balance**

The Lifestyle-integrated Functional Exercise (LiFE) program to prevent falls is unique and novel. LiFE involves teaching core underlying principles of balance and strength activities used in the program. The participant makes changes to how they perform their daily tasks to include these activities. That is, they embed the activities into their daily tasks and routines. Eventually the changes become a habit that is going to improve the balance and strength of the participant. Five example exercises are: walking with the heel of one foot immediately in front of the toe of the other foot, bending your knees rather than bending at the waist to pick up an object, standing on one leg (while washing dishes, etc.), walking up stairs using gradually less support from the handrails, and standing on tip toe (while brushing teeth, etc.).

The goal is to add small changes to your activities throughout the day. The program is endorsed by Harvard Medical School. Next week the Center will have a copy of the book with additional exercises, if you are interested in learning more.

There is an 8- week class available, "A Matter of Balance", held once a week for 2 hours each, through Shenandoah Area Agency on Aging. For more information and to register, call 540-635-7141.

*Marilyn*

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