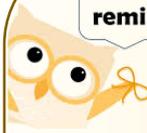




2019

Just a reminder...



- We hope you can join us in celebrating our 25th anniversary serving the community with our “25 Jump & Jive”, **Saturday, October 12, 2019**. See the invitation for details.
- Anthony’s Pizza is helping us raise money for the United Way of the Northern Shenandoah Valley again this year. We are now taking orders for Sub day for United Way! Print your order forms [here](#), or stop by the Center to pick one up. Orders and payment are due by Friday, October 18th. Thanks for your support.

Dear families,

We’re excited to share with you that the Rotary Club of Winchester, the Adult Care Center, and Fresco Kitchen are tag-teaming on a Rotary Collaborative Grant in support of the Adult Care Center.

The intent of the grant is to bring Rotarians, community members, and the agriculture community together to assist the Adult Care Center in boosting even further the nutritional value of our meals. There will be more fresh local produce for our homecooked meals starting today!

Further, we will collaborate with the Rotary and Fresco Kitchen in providing two educational forums on nutrition, dementia, and caregiver well-being. While the dates have not been decided, you can plan on one yet this fall, and one in spring. These trainings will come complete with a fun cooking demonstration!

Money allocated from this grant will allow our caterer (Fresco Kitchen) to purchase the extra fresh fruits and vegetables from local farmers’ markets. Some produce will even get donated – like fresh apples from Rinker’s Orchards in Stephens City that created today’s homemade applesauce.

Lastly, and I’m so excited about this, **YOU** will get treated to a special meal to take home (enough for at least two people) on the following Wednesdays: September 18th, October 16th, and November 20th. You are in for a taste sensation as Barbara Hinline (Fresco Kitchen) will put her heart and soul into making you a healthy and delicious meal – just because **YOU**, the caregiver also deserves some extra attention and support.

So please, mark your calendar for your first meal **SEPTEMBER 18th**! A few Rotary members will be here to help pass out meals between 4:00 pm and 5:15 pm. If your loved one isn’t scheduled for that day, and you can’t make it here to collect your meal, we will refrigerate it for you for the next day!

Thanks so much, and happy September.

Sincerely,

Jane

*Meet
Miriam
and
Susan*



We would like to extend a warm welcome to two of our newest volunteers, Miriam and Susan. Miriam helps Louise in the kitchen with lunch set up and clean up, and Susan is helping with activities. We are so happy to have you both as part of our team! Thank you so much.

A Word from Katie

August has come and gone already! Hard to believe in just a few weeks the leaves will start changing. We enjoyed a variety of new activities this month, including a fun game of musical Jeopardy! We put everyone's knowledge to the test with classic categories like "Finish the Lyrics", "Songs of the 50's", and everyone's favorite, "Church Hymns". They never cease to amaze us with their musical knowledge and abilities.

We enjoyed stories about the different school and church choirs they sang in and what their favorite songs are. Anyone that has walked into the Center in the mornings can tell you about our wonderfully talented choir of singers and musicians. They are definitely Winchester's finest!

Nurse Notes

Influenza Season is Approaching¹

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. The influenza A and B viruses that routinely spread in people are responsible for seasonal flu epidemics each year. The best way to prevent flu is by getting vaccinated each year.

Pneumococcal pneumonia is diagnosed in 800,000 people each year, and most deaths occur in people 65 and older. The CDC recommends two pneumococcal vaccines for all adults 65 years and older. Seniors should receive one dose of PCV13 first, followed by one dose of PPSV23 at least one year later. If you already received any doses of PPSV23, one dose of PCV13 should be given at least one year after receipt of the most recent PPSV23 dose.

Marilyn

Comments from the Community - "I've never been in the Center, but I drive by it a lot on my way to town. I always love seeing the staff helping their clients get in and out of the car. I see them giving clients hugs and waving to them, and it is just a neat thing."



STRIKE!

Nothing beats morning coffee and conversation with great friends!



25 Jump and Jive

Please join us for a fun night of music and dancing to celebrate the

25th Anniversary of the Adult Care Center

Saturday October 12, 2019
6:00 PM - 9:00PM
At: Youth Development Center
3 Battaile Drive
Winchester, Va. 22601

 1950's dress encouraged

Tickets \$25 per person
Includes refreshments
Donations appreciated for beer and wine

Music by: Bryce Johnson DJ