



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 invitation on back for details or call 540-722-2273
- Let us and Anthony’s take care of dinner for you! Anthony’s Pizza is helping us raise money for the United Way of the Northern Shenandoah Valley again this year. We are 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,

Thank you all so much for your patience and understanding as you deal with the road construction in front of our building. I do think we can anticipate the work to go on for a couple more months. Hopefully the weather cooperates to give us the best fighting chance of seeing the project wrap up before Christmas.

Last Friday was such a fun day as we celebrated our annual Fall carnival. Thanks to the staff for the thoughtful planning that went into this activity, and to our incredible volunteers for giving their all.

Here’s some feedback from a couple of our family caregivers. This is what it’s all about – YOU being happy with our service for your loved one:

“Often in life’s journey, you will meet the most kind, loving and wonderful people. Seldom do you find them in a “package” deal like the staff and clients at #ACCNSV. I’m so happy I discovered them in 2018 for my mother, Polly. Sadly mom’s health has declined and she now resides in a nursing facility and will not be returning to the ACC. Jane, Dawn, Marilyn, Dana, Louise, Dorene, Whitney, Katie, and staff – thank you so very much for keeping mom happy, safe and active during her days at the ACC. She truly enjoyed spending time with you and I, too, will miss you. You are the best and I will use every opportunity to share my utmost respect for many years to come. Much love to all!!



-Paula Revnolds



“Angels on earth. This group shows more respect and compassion to clients and family than any doctor, friend or even some family can. My husband has loved it since day one. When he used to wander we always found him heading to the center, he loves them that much. They saved my sanity and give our whole family such a sense of peace knowing he is cared for better than anywhere in the world. They go above and beyond for daily activities and events.

The staff communicate to Families well, easy to work With and seriously, there isn’t a word that can express how fabulous they are.”

-Susan Drew



As always, thank you for faith in our program to do the best it can every day.

AND..don’t forget to mark your calendar for WEDNESDAY, OCTOBER 16TH (or Thursday, October 17th) when we will be sending home another meal for YOU, courtesy of the Rotary Club of Winchester and prepared for you by Fresco Kitchen.

Sincerely,
Jane

A Word from Katie

Happy Fall! September flew by and it's hard to believe it's actually Fall when the weather is so warm! September was a busy month for activities as we prepared for our yearly Adult Care Center Carnival. We held the carnival indoors this year, but nevertheless we still had a blast! Participants enjoyed Giant Jenga, Wheel of Fortune, Baseball Toss, Cornhole, prizes and snacks. No carnival is complete without popcorn and snow cones! We also took pictures with John Wayne and Marilyn Monroe. We finished off the eventful morning with a hotdog and baked beans lunch followed by a berry shortcake dessert. Everyone is already excited for next year's carnival!

Also, a big thank you to Pete from Right at Home in Winchester and Bob for our music and ice cream social!

Nurse Notes

Caregiving Strategies¹

- 1. When the going gets tough, distract and redirect.** If your loved one becomes upset or agitated, try changing the subject or the environment. For example, ask them for help or suggest going for a walk. It is important to connect with the person on a feeling level, before you redirect. You might say, "I see you're feeling sad – I'm sorry you're upset. Let's go get something to eat."
- 2. Respond with affection and reassurance.** People with dementia often feel confused, anxious, and unsure of themselves. Further, they often get reality confused and may recall things that never really occurred. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance. Sometimes holding hands, touching, hugging, and praise will get the person to respond when all else fails.
- 3. Remember the good old days.** Remembering the past is often a soothing and affirming activity. Many people with dementia may not remember what happened 45 minutes ago, but they can clearly recall their lives 45 years earlier. Therefore, avoid asking questions that rely on short-term memory, such as asking the person what they had for lunch. Instead, try asking general questions about the person's distant past – this information is more likely to be retained.
- 4. Maintain your sense of humor.** Use humor whenever possible, though not at the person's expense. People with dementia tend to retain their social skills and are usually delighted to laugh along with you.

Marilyn



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



September FUN!

