



2020



Just a reminder...



- During the month of March, each reusable bag you buy at Martin's Food Markets on Pleasant Valley Road, will generate a \$1.00 donation to the Adult Care Center! However, you don't have to only visit this specific Martin's to begin your giving.

There is a "giving tag" attached to each bag. Within seven days, remove the scratch off area and go to MyGMCause.com and using your code, specify the Adult Care Center as your non-profit to receive your donation. If you miss your seven-day window, Bags 4 My Cause will donate your \$1.00 to a local non-profit. As always, thanks for your support!

- Our March family meal, prepared by Fresco Kitchen and sponsored by the Winchester Rotary will be **March 18<sup>th</sup>**. "Guinness Style" Beef Stew with Carrots, Potatoes, and Green Beans is on the menu!

Dear families,

According to the 2019 Alzheimer's Disease Facts and Figures Report published by the Alzheimer's Association, about 15.7 million family caregivers care for someone with Alzheimer's disease or a related dementia. Perhaps that staggering sum still doesn't prevent you from feeling alone from time-to-time though, does it?

Susan Drew, one of our own family caregivers, with support from a United Way Community Impact Grant, is off and running with the new support group "Dementia Caregivers of the Northern Shenandoah Valley." Through this group, you can benefit from bi-monthly in-person group meetings, to on-line support and information. [dementiacaregiversofthensv@gmail.com](mailto:dementiacaregiversofthensv@gmail.com). You won't want to miss the next meeting, Thursday, March 19<sup>th</sup> at 2:30 pm in the Eagle Center conference room at 329 N Cameron St.

Susan is also working on creating a "Friends of the Adult Care Center". This is a group that maybe can't commit to long-term volunteering on-site, or by becoming a Board Member, or even helping with every event that the Center might host. But, members of this group can make a HUGE difference by helping when they can with some things. Please consider joining "Friends", or reaching out to someone you think would be interested. We know you're busy, and we know you sometimes just want a break. But getting the word out about Center services, helping with a fundraiser, or writing a letter to your local representative are all things that move the needle on adult day services in general, and the Adult Care Center in particular. The Adult Care Center Board of Directors is strategically planning for our future, and exciting plans will unfold in months ahead. No time like the present to make our circle of friends grow!

Our first big event engaging active "Friends" of the Center is June 7<sup>th</sup> at the George Washington Hotel when we host our annual "Welcome Summer Lunch N' Bid". This is our biggest fundraiser for the year with a goal of \$20,000, all of which supports operational costs. If you can help secure auction items, or sell tickets, or write letters to potential donors, please let us know. We could use your help.

As far as the road construction, I think we are nearing the end, but we know how long these projects can stretch out, don't we? You've been so understanding, thank you! Like one family said to me yesterday, "you learn how to weave through barrels". In retrospect, maybe that kind of describes your caregiving journey. "Sometimes the traffic flows, and sometimes it's a near hit of an obstacle. But you still get through it, and you come back the next day to weave through it again."

Thank you. This staff continually acknowledges with awesome respect, your perseverance, your good nature, your dogged determination, and your profound love for your family member

Jane



We will be placing an order for Adult Care Center t-shirts in April. Shirts are \$8 for sizes S-XL and \$9 for 2XL. There is a sign-up sheet on the front desk. **\*All monies are due before the order is placed\***

### *A Word from Katie*

Happy March everyone! We have a lot of exciting activities coming up this month. We will be starting basketball games in the afternoon for March Madness, and we'll be doing our own Spring Training to get ready for baseball season. We also have St. Patrick's Day to look forward to. Another new activity is a weekly book club led by Board Member, Linda Shimer.

Also, we are so excited to have Whitney back March 9<sup>th</sup>! We have missed her piano playing and singing immensely since she's been out.

Don't forget some important dates in March. Sunday March 8<sup>th</sup> is daylight savings time. Remember to "spring forward" when changing your clocks. We look forward to all our March adventures and await the arrival of Spring on March 20<sup>th</sup> with open arms!

*Katie*

### *Nurse Notes*

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to the virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility.)
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

*Marilyn*

### *March Featured Painting*

"The Southern Fork of the Shenandoah Valley"



This month we are proud to feature a painting that was completed by one of our participants. Titled "The Southern Fork of the Shenandoah Valley" our friend Ed said this particular paint style is called Pointillism.

Pointillism is a technique of painting that uses small, distinct dots of color that are applied in patterns to form an image. Pointillism is achieved by applying many small dots close together so that they blur into one image.

When asked where his inspiration came from, Ed said, "I was trying to catch the mood of how you feel when you are going from the Shenandoah Valley, crossing into West Virginia and you see the foliage and slopes, particularly the slopes. It's all so beautiful."

Meet the newest member of the Adult Care Center Team:

*Dana Summers*



"I have two children, and seven grandchildren! I have been working in a kitchen and serving for 30 years. I have a great love for seniors and working here has been a joy and a pleasure. Some jobs are just a job, but every day, I look forward to walking through that door and coming to work. I love being here."

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