



2020

May

Just a reminder...

Please stay safe and healthy!!



Several of you have asked who and where to send a thank you to for the weekly Friday meals. Their information is below. Also, if you have not been receiving weekly meals and would like to begin, please email me at daclarke81@yahoo.com so I can get you on the list!

Winchester Rotary
Att: Cary Claytor/Nelson, President &
P.O. Box 2686
Winchester, VA 22604.

Fresco Kitchen
Att: Barbara Hinline
6 S. Loudoun St.
Winchester, VA 22601

Dear Families,

I hope you are all doing well. Boy do we miss you, and miss our Center being open and active for your loved ones. We've been thinking about you all a lot and hope our weekly calls let you know that! While we don't know yet when we'll re-open, we are preparing and strategizing for when the day does arrive.

Here is a snapshot of the Governor's three-phase plan to re-open the state:

Phase I begins May 15th and could last 2 to 4 weeks. We will need to see a 14-day downward trend of new cases. Then, there will still be the recommendation that the most vulnerable people stay home. Face masks are still encouraged during this time as well as social distancing, teleworking, increased cleaning and disinfecting and, no more than 10 people gathered. We would not be able to open during this phase.

Phase II then follows and could last 2 to 4 weeks or longer. During this phase, the vulnerable are again encouraged to stay home. Folks will be encouraged to continue telework as they are able, to continue social distancing, and to wear face coverings. During phase II, there will be no social gathers of 50 or more allowed.

Phase III could be 10-12 weeks away or more. There must be no evidence of rebound for a sustained period of time. The most vulnerable will still be considered safest at home, but the ban will be removed on social gatherings and capacity limits will be removed. There will continue to be recommendations for heightened cleaning and disinfecting (we'll see that for a LONG time, as we should).

Here's the link so you can read it all: <https://www.governor.virginia.gov//media/governorvirginiagov/governor-of-virginia/pdf/Forward-Virginia-Presentation-5.4.pdf>

I think we all know things will be a bit different when we do get back together. We will have procedures in place for checking temperatures daily – before entering the building – among several other specific strategies for safely re-opening. We will follow the Governor's guidance and consult with our local health department and medical community. We don't want to drag things out for you, but safety is always our top priority.

What are some things you would like to see in place for a successful re-opening beyond what the Governor and local experts suggest? What are your concerns? We'd love your opinion. The conversations are starting, and your input is most welcome. We need you to be comfortable with getting your loved one back out to the Center. What does that look like for you? Email me at adultcare@ntelos.net, or call me at 722-2273. I will call you back if I do not get your call right away.

Thank you so much and please continue to take care,

Jane

A Word from Katie

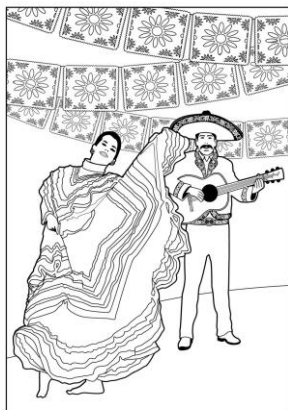
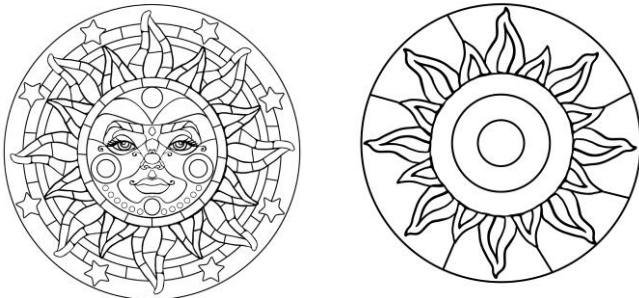
How Adult Coloring Books Help Reduce Stress

If you've been in any store within the past year (grocery, Hobby Lobby, Michaels, etc.), you have probably come across a great variety of adult coloring books.

According to Mayo Clinic, adult coloring books are a great way to shut off the noise of the outside world and give your brain some time to relax and rest. This rest helps to decrease high levels of stress which can lead to numerous health problems (fatigue, sleep disorders, anxiety and depression) to name a few. Sheila Jowsey, M.D. says "One of the concepts that we're paying attention to nowadays that might be useful for many people is something called mindfulness-based stress reduction, which is a way of kind of turning off the chatter and the noise in the world a little bit and giving your brain a rest."

This month we've included a few adult coloring pages for you to enjoy at home. Take a little time to yourself in a quiet space, put on your favorite music and sing while you color, or print some extras and color with family!

Hover over the pictures below, press Ctrl + Enter to open and print!



Katie

<https://cdn.prod-carehubs.net/n1/802899ec472ea3d8/uploads/2016/01/Mayo-Clinic-Minute-Benefits-of-Coloring.pdf>

April Featured Painting

Wind and Waves
2018

This beautiful painting is made from purple and pearl white acrylic paint. While chatting about this painting some participants said that the purple reminds them of the sunset you see on a beach. From there we were all reminiscing about being on a warm beach and watching the waves move back and forth and feeling the cool wind across your face! We all agreed there's no better feeling on a hot day than a cool wind blowing through your hair.



Nurse Notes

I know everyone is tired of being inside, yet getting out and around is difficult. There are a few locations open for walking, but none have bathrooms available and few places to sit down and rest. The Museum of the Shenandoah Valley (MSV) gardens are closed, but the sidewalks and paved spaces are open and wheelchair-accessible. There are some tables and chairs outside the main building. There is also a paved path that parallels Amherst St, and it appears that the newest portion (beside James Wood Middle School) is available. Jim Barnett park has walking trails open, as does the 3rd Winchester Battlefield Park (541 Redbud Run, 22603.)

Marilyn



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