



2020

 **AUGUST** 

Just a
reminder...

Please continue to stay safe and healthy!!

- Thank you for complying with our requirement to wear a mask upon entering the Center as well as staying behind the front desk upon drop off and pick up. The safety of our staff and your loved one is our top priority!
- If there is a book or small activity your loved one likes to do, feel free to bring it in for them. We will bag and name their personal belongings. Also, each participant has an iPod that is assigned to them individually. If your loved one has a certain genre of music they prefer, please make us a list, or if they have a favorite CD, you are welcome to send it in for us to copy to their iPod and then we will send it back home.

Dear Families,

Well, we've got our first month back under our belts after a three-month shutdown. A few changes, aren't there?

In so many ways though, things are going even smoother than we anticipated. Thank you all so much for your cooperative spirit in waiting in line for screenings in the morning! I guess after the months of road construction, a few minutes delay getting in the door for a COVID screening doesn't seem like such a hard thing. While we know you want the same as us – a safe environment with staff that take precautions against a virus one step further – it sure does help having you so in sync with what we need to do.

There are activities we miss doing around here during the day. We haven't seen our "grandfriends" from Fremont Street Nursery since early March. We miss them. Our singalongs with Whitney's piano playing at the end of the day are on hold for a time, and we're not raising the roof with Karaoke like we use to do each week.

But there is something very valuable in smaller, concentrated activities. Whether its crossword puzzle, trivia, or hangman, six in a room instead of three times that many does make it easier to get more participation from everyone. We still do a great variety of programs during the day, we just spread people out more. Lunch time went from eating out of two rooms to now eating out of four. It works though, thanks to this creative staff who find a way to analyze, correct, and proceed!!

And I guess that is our motto going forward: Be safe and be adaptable! (And follow all licensing guidelines 😊)!

How do you think it is going? We'd like to hear if you have any concerns or suggestions. Or, if something really stands out as being well done, please share that with us too.

There are Centers in the State that have not re-opened yet. Some are wondering if they actually will.

We put a lot of thought into our re-opening, and a lot of grit and grind into getting everything set up to be as functional as possible. Thanks to the Board of Directors for voting to re-open, thanks to the staff who worked hard to get us there, and thanks to our participants who give us reason and joy for being here. But most of all, thanks to you, our family caregivers, for trusting us enough to know we'd do our best for your loved one. It's all so worth it!

Jane

A Word from Katie

Happy August friends! We have officially been back at the Center for a whole month and it feels great!

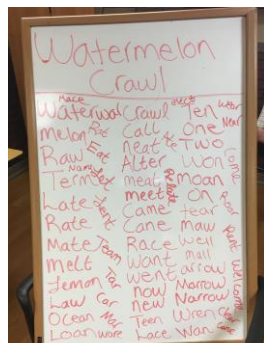
Hopefully with July behind us we can also start moving away from all this stifling heat we've been experiencing.

If you've been following on our Social Media the last few weeks, you may have seen our post about a very popular game we've been playing, called Big Word Small Word. We wrote a phrase up on our white board and as a group worked to see how many smaller words we could make using only those letters. Last Monday we hit an all-time high with 65 words! Now we want to challenge you to see how many words you can come up with using the same phrase. Our phrase was "Watermelon Crawl"

So, give it a go, grab a piece of paper and see how many smaller words you can make out of those letters. See if you can get above 65 words.

Good Luck!

Katie



August Featured Painting



A Bridge to Heaven 2020

This beautiful painting features a blue ocean and mesmerizing sunset filled with pink and purple colors. At the bottom of our painting, you can see the sand is a deep red color with a palm tree sprouting in the corner. At the opposite end, you can see a long pier that goes out over the ocean.

There's nothing better in the summertime than being out on a pier looking over the ocean during a sunset. Feeling the nice breeze on your face and smelling the saltwater air. That's the perfect place to be in August!

Nurse Notes

Thank you so much to all our families for your patience and consistency during this trying time. We do anticipate that daily screening of participants and staff will continue for the foreseeable future. Frederick County and Winchester are currently at a plateau, with infection rates of less than 1%¹ and less than 2%¹, respectively. A good source for local information on the coronavirus is available at vdh.gov.

I would suggest sending in a sweater for your loved one, if he/she doesn't usually wear one. The air conditioning is set to 71 degrees, but that feels quite chilly to many participants.

¹seven day averages, based on data from Virginia Department of Health

Marilyn



Support Group Meetings- Caregivers of the NSV

Contact: Susan Drew cell: 540-664-9772

Location: Eagle Center Conference Room of the Our Health Building at 329 N. Cameron Street
MASKS REQUIRED and chairs will be appropriately distanced.

All meetings are from 2:30 pm to 4:00 pm.

Dates:

August 6th – open discussion

August 27th – Free dementia training class with Jayne Seymour, Dementia Matters

September 17th – Guest speaker Vincent Mata, Elder Law Attorney

October 1st – open discussion

October 15th – Guest speakers: Blue Ridge Hospice