



2020



Just a  
reminder...

*Please continue to stay safe and healthy!!*

- We no longer share books, newspapers, magazines, etc., at the Center. If your loved one enjoys reading or any kind of activity, feel free to bring something in with them and leave it at the Center where it will be stored individually, or sent back home at the end of the day.
- Whitney is working on putting together a "Build Your Own Ukulele Project." If you have any spare butter or cream cheese containers you would be willing to share with us, it would be greatly appreciated!

Dear Families,

COVID-19 wreaked a little havoc on us – there's just no denying that fact. We shut down March 18<sup>th</sup> and many of our friends were not able to return when we re-opened July 3<sup>rd</sup>. And since July 3<sup>rd</sup>, a few others have moved on to residential long-term-care. It wasn't necessarily what the family wanted to do, and we were certainly sad to see our friends go, but families have to make hard decisions all the time, and often the agony of those decisions can be overwhelming.

There is one word I have heard repeatedly over the years, and I always wish I knew better how to take it away from people. That word is GUILT! Sometimes folks feel guilty when they enroll their loved one in the Center. (Thank goodness that guilt goes away when they realize the Center is really making a positive impact on not only their own life, but their loved one's life as well). Sometimes caregivers feel guilty when they can't come up with enough activity ideas (or time, or the energy) to keep their loved one occupied at home. Sometimes caregivers feel guilty because they get tired and frustrated, and sometimes they are forced to admit that caregiving can even seem a burden – no matter how much they love the person they are caring for – and that admittance can make them feel.... you got it.... GUILTY!

Over the past few weeks, I have been going through 26 years of paperwork (I never really learned to throw things away) and much (okay, most) of it has to be shredded before I leave. As I look through all this Adult Care Center history, I am humbled by the incredible people I have met – be it a staff member, community supporter, or caregiver.

Since our opening, well over 500 participants have been served. We've worked hard for them and are proud of what we've put together to give them a quality program, but the parade of outstanding caregivers I have met is a blessing I will always appreciate.

I've seen a lot of caregivers...husbands, wives, daughters, sons, in-laws in all possible ways, grandchildren, neighbors, cousins, and friends. I have seen enormous love and incredible commitment. I have seen the day-to-day repetition of drop off and pick up and the same questions being answered effortlessly, again and again. I have seen patience wane at times, but it comes back. I have seen extraordinary people live their life, do their job, take care of their home, and give all they can to support their loved one with dementia. Sometimes I have seen them tired, sometimes I have seen them sad, and yes, even frustrated. But most of all I have seen them committed, determined, patient and full of a grace unmatched.

Caregivers, I have seen YOU! I am so impressed, so inspired, and so touched by all that you do, and all that you are. So please, throw that guilt word out of your vocabulary. You are doing the incredible. And I think I speak for all the staff when I say that it is our honor to help you in this journey.

Times are tough right now, yes. But we're going to prevail. We have YOU to thank for the inspiration.

*Jane*

## *A Word from Katie*

Happy September friends!

September means the start of Fall and we get to look forward to the days getting crisper and cooler. We had a lot of fun in August with all of the word games we've been playing. Hangman has become a favorite, as well as Best 10. We all come up with a category together (a popular theme has been "Back to School"). Then we have a blast talking about our favorite school memories, our favorite classes (or least favorite). We've also been enjoying a good deal of coloring and art. We can't wait for you to see our chosen art piece for the month of September. We want to remind you that our paintings are available for purchase on our website.

The link to purchase is below.

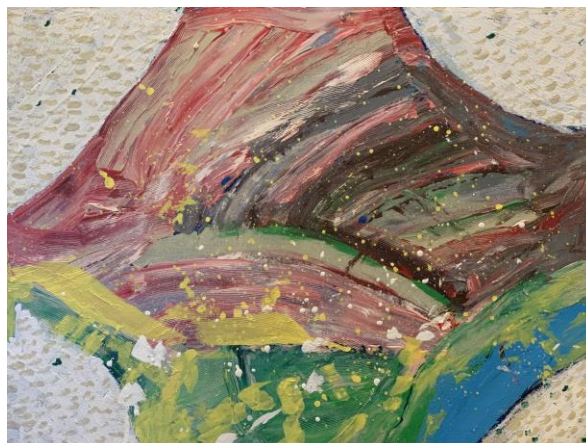
<http://adultcarecenter.net/art-on-the-brain/shop/>

At this time we only offer a scheduled pick up at the Center.

Each painting is created and named by Adult Care Center Participants!

*Katie*

## *September Featured Painting*



Whirlpool of Color

2019

Acrylic Paint

This painting features a white background with tan polka dots placed in the corners. Next, on the bottom of the canvas you can see some green, yellow and blue. Then as you move towards the top of the painting you get more swirls of red, black, green and some more tan to tie in the polka dots. All these colors swirling together form a beautiful whirlpool of colorful fun. This painting is perfect for the month of September, when we will start seeing the colorful leaves changing on the trees.

## *Nurse Notes*

Balance Awareness Week September 13<sup>th</sup> – 19<sup>th</sup>, 2020

The Vestibular Disorders Association began Balance Awareness Week to highlight just how much of an impact inner ear and brain disorders can have on an individual's daily life. Patients who suffer from balance issues associated with vestibular disorders often experience chronic physical, mental, and emotional pain. Examples include intense dizziness, ringing of the ear, vertigo, and even depression.

Exercises that can improve your balance include standing on one leg (chair within reach), walking heel-to-toe, holding onto a chair with your left hand and lifting your right leg and right arm (repeat on the other side), doing push-ups against the wall, and standing on tip-toe (supported by a chair). Improving one's balance can significantly reduce the risk of falling.

*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:

*September 17<sup>th</sup>* – Guest speaker Vincent Mata, Elder Law Attorney

*October 1<sup>st</sup>* – open discussion

*October 15<sup>th</sup>* – Guest speakers: Blue Ridge Hospice