



2020



Just a reminder...

Please continue to stay safe and healthy!!

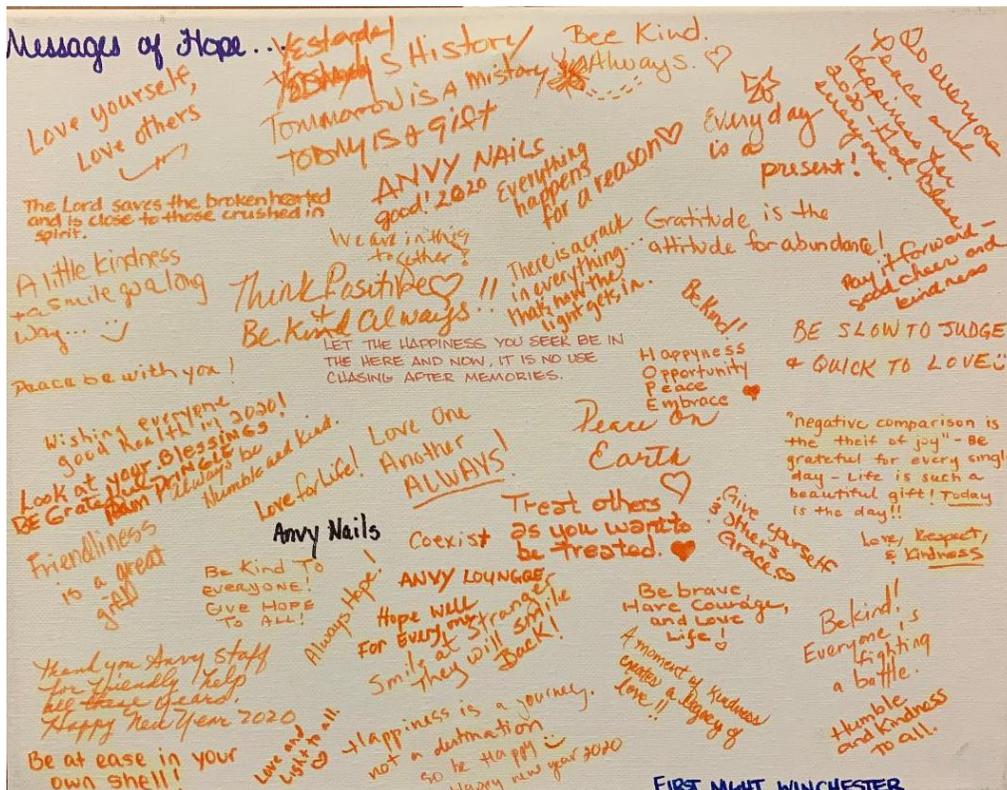
• We are raffling off a \$50.00 Walmart gift card for our annual United Way Campaign this year. Tickets are \$1.00 each. If you'd like to purchase a ticket(s), please see Dawn at the front desk. Thank you for your support! The drawing will be held November 23<sup>rd</sup>.

- **Caregiver Meetings:** 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: November 5<sup>th</sup> and November 19<sup>th</sup>

Hello everyone,

Thank you all for welcoming me to the ACC family. It was a smooth transition and I am excited to be on board. Due to COVID, we cannot celebrate as we did before COVID, but keeping everyone healthy and safe is our main priority and we are making the best of these trying times. We will continue practicing social distancing and do everything necessary to protect the staff and our clients. If attending any gatherings for Thanksgiving please remember to practice social distancing, wear masks, and wash hands often. The Adult Care Center will be closed Thursday November 26, and Friday November 27<sup>th</sup>. Please be safe.

Kayreen



We were gifted this beautiful canvas from First Night Winchester. It is so uplifting! Thank you so much.

“First Night Winchester embarked on a community art project in 2018. We are continuing the campaign in 2020. Providing canvases to those who would like to participate in the campaign. More than 200 canvases have been distributed throughout the Winchester area. Each canvas will be gifted to an organization, individual, or business bringing hope to others.”  
<https://firstnightwinchester.com/hope-campaign/>

### A Word from Katie

Happy November friends! It's hard to believe how quickly October went by. We enjoyed a lot of activities the last month and even got a few nice days to sit outside in the rocking chairs.

Our activity of the month was Big Word Small Word, we used the phrase **Cornstalk Maze** and had our participants find as many smaller words as they could using those letters. We found a total of 73! We've got lots to look forward to in November, the biggest event being Thanksgiving! We have already been talking about all our favorite recipes and reminiscing memories of meals with our families. Here's to a happy November and we hope you all know how thankful we are for all of our friends here at the Adult Care Center!



*Katie*



Trees In The Fall  
2019  
Acrylic Paint

The first thing that you notice when looking at this painting is the dark silhouette of two trees. Dark brown and burned red/orange colors fill the background of this painting. It was noted that this painting would have to take place in either the fall or winter since there were no leaves on the trees, and after looking at the dark colors in the background it was decided that between the two seasons, fall would be most likely. If you look even closer at the tree in the corner, you can see the outlines of birds on the branches as well. A truly perfect painting for the month of October!

This month's featured painting is \$20.00 and can be found on our Adult Care Center website!

[www.adultcarecenter.net](http://www.adultcarecenter.net)

### Nurse Notes

#### COVID-19 and the Holidays

The CDC has posted recommendations for Thanksgiving celebrations. Families should consider how active the virus is spreading in the community when making plans. People traveling in from outside the area should self-quarantine for 14 days before the event, if possible. Large indoor gatherings, especially with people from outside your immediate family, pose the highest risk.

If you are hosting an event during the holiday season, consider following the CDC guidelines for hosts: remind guests to stay home if unwell, keep a list of guests in case contact tracing is needed, arrange table and chairs to accommodate maintaining 6 feet apart, provide masks and hand sanitizer, ensure adequate ventilation, greet with a wave or gesture rather than hugging or shaking hands, and designate one person to hand out food.

*Marilyn*