



2021



Just a reminder...



Please continue to stay safe and healthy!!

- ✿ We hope you enjoyed your extended weekend with family!
- ✿ If you haven't done so already, please bring in a sweater or a light jacket for your loved one to keep at the Center.
- ✿ If there are any magazines, books or the daily newspaper your loved one would like to enjoy while here at the Center, feel free to bring them in. We will bag and label them. They can stay here or we can send them home daily.

Dear families,

I would like to say first and foremost thank you so much for making this such a smooth transition as I have stepped into the role of Executive Director. It has been an exciting few months to say the least.

Our staff continue to work extremely hard to make sure the ACC is a safe and healthy environment, and we are proud to say that we still have not had a single COVID case reported in the 14 months that we've been open. We will continue to wear our masks and keep sanitizing in order to make sure everyone is safe. The staff are very dedicated to making sure that your loved ones get the best care while they are here with us during the day.

One final note, as some of you may know, in the past we have been fortunate enough to offer a scholarship to families through a grant that we receive from the Department for Aging and Rehabilitative Services. Our current grant runs out at the end of September and so far there has not been a new one posted for us yet. Unfortunately as of this time, starting October 1 we will not be able to offer scholarship assistance, but we are hoping that changes. I will keep everyone up to date as soon as I hear anything.

Thank you again for all your continued support for the Center. We all love our ACC family!

*Katie*



**September 21<sup>st</sup> from 10am – 2pm**



Come learn about our community's resources for healthy living. Our Health partner's clients are eligible to receive a FREE \$5-10 coupon for fresh produce at the Marker-Miller Orchard's booth!

**\*VOUCHER PROGRAM\***

To be eligible for the voucher program you must be a SNAP recipient or a *client of the Our Health Partner Agencies (this includes ACC families!)*. You will check in at the Our Health booth to receive a Passport to Health card. Take the card to each booth to receive free screenings and information about their services. Each agency will mark your passport beside their name. When completed, return to the Our Health booth to receive your \$5.00 voucher for a single person or \$10.00 for a family. You can use your voucher(s) to purchase produce from the participating farmer's market. You can not use them for baked goods.

\*Free dental screenings\* \*Free blood pressure checks from the Dental Clinic – NSV\* \*Locally grown produce from Marker Miller Orchards\* \*Baked goods\* \*Nutritionist consultations\* **\*AND MORE\***

DementiaMatters<sup>®</sup>  
**Empower through Learning**

- Are you caring for a loved one living with Dementia?
- Could you use knowledge, skills and techniques on Dementia Care?
- Are you willing to take 3 hours to learn how to care for your loved one with Dementia?

DEMENTIA TRAINING

DementiaMatters and our team of Certified Dementia trainers EMPOWERS the caregiver with the knowledge, skills, strategies, techniques and resources to care for a loved one living with dementia.

- **LEARN** the stages of dementia and care strategies that work in each stage
- **PARTICIPATE** in an interactive “Virtual Dementia Tour” to better understand what your loved one is going through
- **PRACTICE** proven hands-on techniques, skills and approaches for patient centered care

DEMENTIA COMMUNICATION

1. Never ARGUE; Instead AGREE
2. Never REASON; Instead DIVERT
3. Never SHAME; Instead DISTRACT
4. Never Lecture; Instead REASSURE
5. Never say “REMEMBER”; Instead REMINISCE
6. Never say “I TOLD YOU”; Instead REPEAT
7. Never say “YOU CAN’T”; Instead say what they CAN DO
8. Never CONDESCEND; Instead ENCOURAGE
9. Never FORCE; Instead REINFORCE

**TO REGISTER FOR AN UPCOMING TRAINING**

Call or Text 540-535-9775

Or email [jseymour@dementiamattersusa.org](mailto:jseymour@dementiamattersusa.org)

[www.dementiamattersusa.org](http://www.dementiamattersusa.org)

503(c)(3) Non-Profit organization

*This is a wonderful class that most of our staff have taken!*

**A Word from Whitney**

Happy September, family! Our first day of Fall is September 22<sup>nd</sup>. Finally, the weather is getting cooler. We are looking forward to bringing our “Rock & Relax” activity back! Many of our friends love to sit out front chatting, singing, and watching the traffic. Also, we continue to wear masks and maintain our distance to keep everyone, safe, healthy and happy!

*Whitney*

**Featured painting of the month**



Lavender  
Flowers  
2019  
Acrylic Paint

This lovely piece depicts two bundles of lavender flowers. The light blue backdrop accents the purple hues of the flowers and makes for a beautiful painting.

**Nurse Notes**

COVID-19 continues to be a concern (the Delta variant is dominate). As of September 6<sup>th</sup>, the current positivity rate in Virginia is 10.0%. As of August 28<sup>th</sup>, 57.3% of all Virginians are fully vaccinated (45.7% in Frederick County, 49.4% in Winchester).

The good news is that all three vaccines are significantly effective in preventing disease from the Delta variant. In Virginia 0.4% of fully vaccinated people have tested positive, 0.016% have been hospitalized, and 0.0032% have died (VDH).

The Virginia Department of Health continues to recommend the wearing of masks in indoor spaces. We are continuing to require masking, and we maintain six feet between seats or use plastic shields. We have begun soft singing in small groups. We look forward to the return of karaoke and dancing!

*Marilyn*