

### **Our Mission:**

*The Adult Care Center provides assistance to those with conditions impacting memory and independence for the purpose of enriching one's life story through encouraging and engaging services and activities.*



### **REMINDERS:**

~ **Amazon Smile:** While doing your Amazon holiday shopping this year, don't forget to start with smile! Go to <https://smile.amazon.com/> and shop as usual then Amazon donates 0.5% of your total to the Center at no additional cost to you!

~ **Christmas Party:** Our Christmas party will be on December 13<sup>th</sup> at 5:30 p.m. in the Eagle Conference Room on the Our Health Campus. Please sign up at the front desk. Our party will once again be sponsored by the Koinonia class of Braddock Street United Methodist Church.

~ **Mary Kay:** Sue Grossman Lehrer, a Mary Kay Independent Beauty Consultant, will be hosting a party at the Center on December 4<sup>th</sup> at 2:30 p.m. Staff, volunteers, and families are welcome to join us for the FUN! Refreshments will be served.

~ **Closed:** Monday, December 25<sup>th</sup> and Tuesday, the 26<sup>th</sup>.

~ **Closed:** Monday, January 1<sup>st</sup>.



2017

"I visited the Center and loved the interaction of the Staff. They were so good to everybody, and there was such calm to the place." -Community member comment during public presentation

Dear Families,

Recently a friend contacted me for suggestions on a Christmas present for her Dad who has Alzheimer's disease. She wanted to make sure her gift was something he could use and enjoy, and at the same time be age appropriate.

That led me to think that maybe a few ideas in our December newsletter might help more people than just my friend.

Hands-down the favorite activity for folks to work on individually is our 30-piece puzzles. No reason to settle for a child's 30-piece puzzle however! Take a picture of something your loved one would like – your house, a family member(s), a pet, the downtown pedestrian mall, etc., and e-mail that photo to "Portrait Puzzles" – <https://www.PortraitPuzzles.com>. For about \$35.00, your photo will be turned into a 30- piece puzzle that is large enough, challenging enough, and sturdy enough to use over and over. Your loved one may still need help from time-to-time, but these puzzles really seem to hold interest. Just stop at Dawn's desk if you have any questions.

Another activity that people really enjoy is using word find books. These books are a popular choice right after lunch when folks rest, but still want something to do. And remember, it doesn't matter if the words get circled correctly or not.

Exercise equipment is another idea. We use medicine balls daily, as well as 1 and 2-pound weights. We also have some neat "cycles" for our cycling class. These cycles are great for leg exercise, but they can sit on a table for arm use as well.

There are also unique musical instruments you can buy. A few years ago, a client loved our instrument that was made of wood and was shaped like a frog. The back of the frog had ridges for gently rubbing a stick over to make a sound. Our client loved the rhythmic, repetitive motion so much he wanted to take it with him at night. His wife purchased one for him to have at home.

Decorated memory boxes with photos (we recommend you make copies of the photos and keep the originals) and trinkets from the past, a CD of your loved one's favorite music, and a fun DVD (Lucy never fails to make us laugh no matter how many times we watch it) are other ideas to consider. If several people want to go together on a gift, an iPad can get lots of use. We use ours several times throughout the day both for group activities, and one-on-one time. We've used IPADS to entertain with a Neil Diamond concert, relax with some nice jazz, watch a sporting event on YouTube, and "go bowling." IPADS are not cheap, but they sure are fun!

Let us know if we can be of any help exploring more ideas. Hope to see you all at the Christmas party on December 13<sup>th</sup> at 5:30!

Thanks,  
Jane

We will begin sending out notification texts when necessary here at the Center. For example, if there are any incidents nearby on Cameron St., or inclement weather impacting our schedule, etc. We have a caregiver cell phone number on file for each participant, and you have already been added to the list. There is no need to reply to these texts as they are strictly for informational purposes. If you need further assistance after receiving a text, please call the Center, or email [adultcare@ntelos.net](mailto:adultcare@ntelos.net). The phone number it will come from is **540-323-1725**. Please program it into your phone.

Adult Care Center of the Northern Shenandoah Valley  
411 N. Cameron St  
Winchester, VA 22601  
540-722-2273  
[adultcare@ntelos.net](mailto:adultcare@ntelos.net)

## Nurses Notes



## Managing Diabetes During the Holidays<sup>1</sup>

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.
- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.
- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day.

<sup>1</sup><https://www.cdc.gov/features/diabetesmanagement/index.html>

## November Highlights



Art on the Brain was a great success!  
We raised over \$1500.00 for our art program.



Ione, dressed as Marilyn Monroe, was our Halloween Costume winner.



We had such great participation creating beautiful birdhouses during this activity.

### **Resources That May Help:**

- Greater Winchester Area Parkinson's Support Group  
For info, call group facilitator: Cheryl Reames  
540-662-4632. Meets at Winchester Church of God on 522 North
- Alzheimer's Association: Alz.org 24/7 HELPLINE 1-800-272-3900  
For more information on the support groups, contact Bob Bell of the Alzheimer's Association @ 540-313-4207

### **LOCAL ALZHEIMER'S SUPPORT GROUP MEETINGS!**

You are welcome to attend any of these meetings if you wish. Just call the number provided for additional information.

- Greenfield Assisted Living- 413 McClellan St., Berryville;  
last Wednesday of the month at 12:00. Contact: Connie Clem  
703-237-5606
- Samuels Library- 330 Criser Rd, Front Royal; 3<sup>rd</sup> Thursday at  
2:30. Contact: Vickie Harris-Williams 540-636-2800 [vharris-williams@commonwealthal.com](mailto:vharris-williams@commonwealthal.com)
- Willows at Meadow Branch-1881 Harvest Dr., Winchester;  
3<sup>rd</sup> Wednesday at 2:00. Contact: Bob Bell 540-313-4207
- Westminster-Canterbury-300 Westminster-Canterbury Dr.,  
Winchester; 3<sup>rd</sup> Thursday at 1:00. Contact: Danielle  
Weatherholtz-Palmer 540-665-5916

### **The Adult Care Center is taking donations for the Winchester Rescue Mission.**

#### Current needs:

- Paper products
- (new) men's underwear (boxers or briefs sizes S-3XL)
- (new) men's socks (white or black)
- (new) men's T-shirts (undershirts sizes M-5XL)
- Towels and washcloths
- Shower shoes (flip flops)
- Disposable razors and shaving cream
- Hats, gloves, and scarves
- Steel-toe boots (for men working in construction)
- cereal
- rice and noodles
- spaghetti and sauce

= Critical Need

All items can be dropped off at 411 N. Cameron St., Ste.100,  
Winchester, VA 22601.

We will be collecting items until **December 22<sup>nd</sup>**. Thank you in  
advance for your help in the community.



We are also proud to be a United Way Partner Agency