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115 WOLFE STREET
WINCHESTER, VA 22601

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NEWSLETTER

Spring, 2011

ADULT CARE CENTER
OF THE NORTHERN SHENANDOAH VALLEY, INC.
115 WOLFE STREET • WINCHESTER, VA 22601
(540) 722-2273

e-mail: adultcare@ntelos.net
Website: www.adultcarecenter.net



Perspective of a New Board Member

by Thomas Turner

After serving slightly more than a year, my role on the Board of Directors continues to evolve, and I know that at least indirectly I'm helping families just like mine; those with loved ones who depend on others to help care for them.

As a licensed physical therapist and an assistant professor in the Division of Physical Therapy at Shenandoah University, I have been exposed to and have educated physical therapy students about the pathology, physical and mental consequences and the challenges of dealing with individuals with dementia. It was this level of experience that led me to accept a position on the Board of Directors (BOD) for the Adult Care Center of the Northern Shenandoah Valley.

Since the mission of the Adult Care Center (ACC) is to "provide quality adult day health care for individuals with Alzheimer's disease and for others requiring supervised care", I felt my knowledge and experience could assist the ACC in that aim. After serving for more than 1 year on the BOD, I definitely believe that I have been able to positively impact the ACC in achieving its mission. Through BOD activities like the ones listed below, the ACC is provided with organizational and financial stability that allows its staff and volunteers to maintain a high level of care.

ACC Board Projects:

- Amending by-laws
- Updating personnel policies and procedures

ACC Fund-raising efforts

- Lunch & Bid Luncheon and Auction
- 8-ball Pool Tournament at the Blue Fox
- Rubbermaid Sale at Apple Blossom Mall

Over that same time period, my service to the ACC has provided me with personal benefits that were completely unexpected. First and foremost, I have been able to get a full appreciation of the actual service that the ACC provides. Through my observations of client and staff interactions, client activities and my work with the ACC director, Jane Bauknecht, it is obvious that the ACC provides a vital service for many persons in the community that are dealing with the challenges of caring for loved ones suffering from dementia or

other ailments that demand supervision. Beyond providing the necessary supervision, the ACC strives to give clients more than simple "sit around the television" care by engaging them in a variety of activities that stimulate both the mental and physical. Having my father diagnosed with a atypical form of dementia known as Pick's disease less than a year ago and seeing first hand the difficulties my family has faced in dealing with this debilitating disorder, I am fully able to appreciate the tremendous work the ACC staff and volunteers complete on a daily basis. Knowing that care-givers outside of the family, like those of the ACC, are there to help "our" loved ones gives me a great sense of pride for each thing I am able to contribute that makes their jobs easier.

In addition to my observations of the ACC, my time on the BOD has enabled me to get to know and associate with other board members who are from a variety of social, economic, and employment environments. Working with doctors, lawyers, hospital administrators, Shenandoah University employees, mortgage brokers, financial consultants and members who have taken positions on the board in retirement, my network of friends and contacts has been greatly enhanced. Having lived in Winchester for just over four years, these associations with other board members have also allowed me to feel more a part of the community and have made me feel like I'm truly establishing a place here.

I began my stint on the board of directors without much knowledge of what my role would be and without really knowing what I could do to help the ACC. After serving slightly more than a year, my role on the BOD continues to evolve, and I know that at least indirectly I'm helping families just like mine; those with loved ones who depend on others to help care for them. And if that wasn't enough, (and it truly is enough reason to work on the BOD) my service has engaged me in this wonderful community of the city of Winchester, where I now feel quite at home.

LUNCH N' BID!

to benefit the Adult Care Center

Sunday, April 10, 2011

Travelodge
160 Front Royal Pike
Winchester, VA 22602

Tickets: \$15.00

Silent and Live Auction

Doors open: 11:30 • Lunch 1:00 pm

EMCEE: Jim Stutzman, Jr.

Live Auction items include:

Henkel Harris Solid Cherry Night Stand

Greenbrier Getaway

Redskin Tickets (preseason)

*For tickets and other information, please
call the Adult Care Center at 540-722-2273*

First Annual Sonny Shiley Volunteer of the Year

Linwood DeHaven received the Adult Care Center's first annual "Sonny Shiley Volunteer of the Year Award" for 2010. At a special ceremony held February 6th at the Center, Linwood was awarded an engraved picture frame and his name was the first added to a wall plaque which will bear the his name, and those of all subsequent, "Volunteers" of the Year. The Adult Care Center Board of Directors decided to honor the late Sonny Shiley with an award in his name to recognize the significant role he played while a Board member of the Center. Sonny had also been named "Honorary Board Member" in 2009.

The Award Ceremony was attended by Sonny's wife Pat, as well as his 2 sons Tagg and Rudy. Linwood's special guests included his wife Polly and daughter Kaye. Linwood has been involved with the Adult Care Center since 1994.

Discussing Dementia and Depression

with Dr. Marieken Fowler and Dr. Bob Lizer

Thursday, May 5th

6:00 pm to 7:30 pm

First Christian Church

76 Merriman's Lane

Winchester, VA 22601

Sponsored by:

**The Adult Care Center
of the Northern Shenandoah Valley, Inc.,
and**

The Shenandoah Area Agency on Aging

Light Refreshments will be served.
There is no charge to attend this event but
RSVP's are requested.

*For additional information
or to RSVP, please call the
Adult Care Center at 540-722-2273,
or the Shenandoah Area Agency on Aging at
1-800-883-4122 ext 208.*

SAVE THE DATE:

Back by popular demand

TEEPA SNOW, MS, OTR/L, FAOTA
Dementia Care and Training Specialist

FRIDAY, September 30, 2011

Winchester Medical Center Conference Center

Sponsored by:

Partners for Proactive Aging
(Adult Care Center of the Northern Shenandoah
Valley, Inc., Shenandoah Area Agency on Aging,
Valley Health Fitness and Wellness Services).

*For more information, please call the
Adult Care Center at 540-722-2273*

Caregiver Perspective

by Don Jeffrey

*names changed for purpose of privacy.

I knew it was on its way. Saw it approaching. But somehow it stayed stuck somewhere in dreamland. Old age – a time to gently swing on the front porch with your spouse of more than a half century, savor funny stories of the past and watch robins stretch squirmy worms from their dwellings in the dirt.

But something happened on the last leg of our flight to soft city. While making our approach, with the tarmac barely in sight, turbulence suddenly struck. Heart surgery for me, followed by a brief bout with depression, physical therapy, daily doctor-ordered walks and more pills.

As the turbulence began to abate, my wife Beth, life's best friend, unexpectedly found herself with increasing difficulty remembering ordinary things. She experienced an auto accident and quit driving. As time moved on, she began to walk and talk with uncertainty. Doctor's visits increased, in search for answers. Words like "Alzheimer's" and "Parkinson's" started being tossed at us, sometimes with the sensitivity of sandpaper. A support group was suggested. Uncomfortable terms like "nursing assistance" and "palliative care" joined the march. And later even "hospice." Helpful people loaded us with literature on these subjects.

In a relatively short time, I found myself in the role of a principle caregiver, with additional duties of planning, adapting, multi-medicine managing, escorting, translating, scheduling and often making choices without Beth's once-valuable input. Still, my existing duties of husband continued and expanded: record keeping, bill paying, grocery shopping, repairing and so on.

Over time, Beth began receiving pool therapy at the Winchester Rehabilitation Center. Then, Home Instead was added and was soon providing home visits two days a week. They furnished transportation to the pool (until put on hold by a new health problem), took her to stores for shopping and to the local soda fountains. Still later, she qualified for the Blue Ridge Hospice program and, with sadness and reluctance, I assisted in having her enrolled. These programs have been outstanding, and we are deeply grateful for them, as well as for the help of dear friends. But as Beth's condition progressed, the need for additional care pressed on us.

As we discussed potential sources of added assistance with friends and members of various organizations, the name "Adult Care Center" kept coming up. We heard nothing but good things about the Center, and it became obvious that we needed the type of services it offered. So despite the uneasiness of adding another undertaking to our already complicated lives, we enrolled my wife and dearest friend in the program last September.

While Beth's cognizance had improved considerably by participation in the earlier programs, especially pool exercise and interaction with others, only a short time with the Adult Care Center produced marked improvement in her ability to communicate and function.

Several times since joining the program, I have delayed leaving the Adult Care facility to see how Beth was responding. I have seen her singing (though quietly), holding hands and swinging arms with the little cherubs

who often join their "grandfriends" for the Center's music program. Her smiles have told me she was having a good time. I watched her engage in exercise routines, as she was able. I observed staff members' conducting recurring escort trips to the restrooms. On more than one occasion, employees alerted me to physical changes that needed attention.

For these reasons, we owe eternal gratitude to the persons who make up the capable, busy staff of the Adult Care Center, its cadre of compassionate volunteers, and all who support this noble undertaking. These people lovingly serve those whose lives have been impaired by the aging process. I find it comforting to entrust three days of Beth's weeks to such hands.

The tandem, sometimes overlapping, services of the Blue Ridge Hospice, Home Instead, and the Adult Care Center occupy some 33, plus, hours of a 168 hour week, giving me welcome respite – and time to work about the house, paying bills, throw away flyers, fuss at the paper, meet friends or daughter for lunch, host repair people, visit doctors and dentists, think, meditate and nap.

Adult Care Center

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THANK YOU TO OUR 2010 Contributors and Supporters

(If your name has been inadvertently omitted, please call us at 540-722-2273)

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Linda Shimer

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*A very special thanks to those who attended our event and purchased auction items
Hope to see you at our 2011 LUNCH N' BID ! And to all others bakers who helped with our sale!*

Auction item donors:

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