



115 WOLFE STREET
WINCHESTER, VA 22601

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NEWSLETTER

• SPRING 2008 •

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



Memo To: The Adult Care Center
From: Michael Rohrbacher, PhD., MT-BC
Subject: Learning Environments for Alzheimer Therapy

“Quality of life at the Adult Care Center now represents a *learning environment* that builds upon the participants’ rich life experiences, including successful careers, hobbies and relationships with others.”

Having served as Project Director for two federal grants awarded to the Adult Care Center from the Department of Health and Human Services Administration on Aging, I wish to congratulate you and your staff in being able to maintain the scope of activity associated with each grant in service to the participants of the Adult Care Center.

An intended outcome of both grants was to draw upon those aspects of the participants that remain healthy, even in the midst of diagnoses associated with Alzheimer’s disease and related disorders. For most participants this approach has not only helped them to maintain day-to-day optimum functioning, but has also resulted in their capacity to improve the quality of their lives.

For your participants the concept of “quality of life” is not to simply seek to make them comfortable and medically safe as their loved ones pursue professional and personal responsibilities. Quality of life at the Adult Care Center now represents a learning environment that builds upon the participants’ rich life experiences, including successful careers, hobbies and relationships with others.

LEARNING ENVIRONMENTS

Specifically, each grant provided not only experiential activities across music therapy and other complementary therapies, but also provided learning environments of an educational nature in which improvement was observed.

Chime Group

For example, the Chime Group resulted in new learning for several participants, to the extent that a music ensemble was created, skills were mastered and public performances were offered to the community.

Horticulture

Opportunities to refresh horticulture skills, including gardening, flower arranging, and use of herbs facilitated increased independence as participants were prompted initially during activities.

Art

Art activities have been particularly meaningful. Most participants had no prior experience in the use of such art materials as pastels, oils and clay. Yet, the participants were able, with decreasing levels of assistance, to complete self-driven art projects. A highlight of the second grant was the presentation of a public art show in several venues throughout our community.

Tai Chi

Additionally, new learning was not limited solely to the participants. Staff, volunteers and family members engaged in the study of Tai Chi, hand massage and approaches to religious expression that were intended to lead participants to greater levels of self awareness with positive, observable influence on their relationships with others.

To conclude, our community is fortunate to have a place as the Adult Care Center, where the elderly served are not viewed in the context of disability, but viewed as adults who are held in high regard and remain with the capacity to engage in activities that are both experiential and educational. As they continue to grow and find meaning, even at this stage of their lives, we, too, are enriched in the context of such service.

On behalf of the students at Shenandoah University, I look forward to our continued association with the Adult Care Center, as together we build upon the successes demonstrated by the participants through the grants received.

THE ADULT CARE CENTER

The Adult Care Center is a licensed adult day health care facility located in Winchester and serving the Northern Shenandoah Valley.

Along with a variety of therapeutic and recreational activities planned and implemented by a professional staff, the Center also offers routine medical monitoring by a registered nurse.

The Center offers:

- An individual plan of care for each participant
- Care of incontinent participants
- Monthly weights, blood pressure, pulse, and respiration levels
- Therapeutic walking assistance
- Weekly documentation in medical charts
- Glucose monitoring

Those served by the Center include:

- Persons with early, moderate, or late stage Alzheimer's disease, or other forms of dementia.
- Stroke patients
- Persons with Parkinson's Disease
- Older adults more frail with advanced age
- Persons requiring supervision with daily medications
- Others who benefit from a safe and secure environment in a warm and encouraging setting.

Support Groups

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

A Support Group for Families and Caregivers

3rd Tuesday of each month

7:30 pm to 9:00 pm

Cancer Center Conference

Medical Bldg 1

Winchester Medical Center

Facilitators: Loretta Dunn, LCSW,

Charles and Billie Casey

CAREGIVER'S SUPPORT

Individualized Family Support

Call Dana Ankers, RN, Adult Care Center

to schedule a visit.

540-722-2273

A Message from our RN.....

You know that excited feeling that you get when you learn something and right away start thinking about telling someone, because you know that they will be so interested in knowing, too? Well that is how I felt at the 22nd annual Bryan Alzheimer's Research Center Conference from Duke University Medical Center in Durham, NC on March 3rd and March 4th. Last year's conference (21st annual) was just as good. Both events were inspiring and motivating with information and ideas of how to make it useful.

This year, Alzheimer's disease, dementia, and aging brain issues were discussed in detail from a variety of perspectives, including: scientific research, treatments for early through late stages, daily caregiving, and teaching. Speakers included: physicians, nurses, exercise specialists, caregivers, families, people with Alzheimer's disease diagnosis, and community leaders.

Many recommendations were presented for brain health and wellness, as well as measures to enhance quality of life with dementia. For example, one very popular workshop that I participated in was called "Move for Life (and Mind): Application of Physical Activity Guidelines to the Care of Individuals with Alzheimer Disease and Their Caregivers." It not only reinforced what most of us already know – that exercise is good for you in many ways, not just physical – but also suggested practical ways to incorporate movement into everyday life. One example is to get a person with dementia to go for walks on a regular basis with someone else who really enjoys walking. (substitute any activity that both people enjoy doing.) It doesn't have to be that person's primary caregiver. It can be a friend, neighbor, family member. What a simply good idea.

I was very pleased that a lot of focus was concentrated on caregivers themselves, as well as the recipients of their care. Thanks to working at the Adult Care Center for a little over three years now, I have realized how important that is. For years, as a nurse, I thought that directing most of my attention on my "patient" was right. I feel like my eyes are open wider now to the awareness of the needs that longtime caregivers have: emotional support, education, and rejuvenation, as well as actual physical assist with many activities of daily living. A good range of scientific and emotional aspects were covered, including: understanding memory processes and learning, improving interviews and assessments, quality of life influences, and reasonable interventions.

The essence of it all felt optimistic and hopeful to me. There is so much that can be done. I want to share what I got from that conference with my co-workers at ACC, our participants, their families, and everyone else who wants to know.

Dana Ankers, RN
Registered Nurse

A Note from the Board President

Dear Friends of the ACC,

I want to make sure you noticed the advertisement for the Adult Care Center's Lunch N' Bid Fundraiser, to be held on Sunday, April 13. This is, by far, the most important annual fundraising event on our schedule. I encourage you to attend, to become a sponsor or "friend of the center", and to participate in the bidding. Let me explain why—

Like most voluntary organizations, large and small, the Adult Care Center counts on fundraising and the generosity of many types of donors to help us carry out our mission of providing a flexible program of services and activities that encourage skills of independence while providing supportive assistance for functional and/or other limitations; thus allowing the participant to live as independently as possible and with dignity. We try to do all this while keeping client fees affordable and making sure the Center provides a service that is the best value possible for participants and their families. The bottom line is the Adult Care Center is often what allows a family to keep a parent or spouse at home, rather than at a facility.

We are fortunate to have extremely dedicated staff to carry out this mission. We are fortunate to have as our single largest donor, the congregation of the Braddock Street United Methodist Church, which provides space and utilities to the Adult Care Center at no charge. We are fortunate to receive United Way funding. In our 2008 budget, we are counting on \$28,700. in additional donor income, which represents 13.8% of our operating income. It is an act of faith that we make up a budget like this each December. Board members are donors; local service organizations and churches are donors; many individuals and businesses are donors; memorials are received from participants' families. To be honest, it is through this financial support that people of the Winchester region say, "Yes, this is a service we value for our families, and our friends and neighbors families."

Help us carry out our mission—come to Lunch N' Bid. We have good food, great entertainment, and, beautiful, fun and interesting items for live and silent auction. Contact Jane at the Center (722-2273) for tickets or if you can be a sponsor or friend.

Finally, the Adult Care Center exists to serve. If you know an individual or caregiver who could use the special care the Center provides, please pass on this newsletter and encourage that person to make the call.

Diane Shipe, Ph.D.
ACC Board President

Lunch N' Bid

SUNDAY, APRIL 13, 2008

A delicious lunch followed by an exciting auction to benefit the Adult Care Center of the Northern Shenandoah Valley, Inc.

Doors Open: 11:30am; Lunch at 12:30

Live and Silent Auctions to follow

Music provided by Tara Lescalleet, MT-BC and Jocelyn

Hunt, MT-BC / Mary Nordman, Emcee

Jimmy W. Kilbourne, Virginia Auctioneer

Tickets \$15.00 each and are available at:

The Adult Care Center,

115 Wolfe Street, Winchester

540-722-2273

The Adult Care Center is a United Way Agency

Tickets courtesy of

WISECARVER COMMUNICATIONS

ADULT CARE CENTER

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