



115 WOLFE STREET  
WINCHESTER, VA 22601

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# NEWSLETTER

• SUMMER 2008 •

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



## The Value of Activities

by Tara Lescalleet, MT-BC

Adult Care Center Activity Director

Individuals diagnosed with Alzheimer's disease, stroke, or Parkinson's disease are faced with many challenges and limitations. However, here at The Adult Care Center our primary focus is maintaining various functions (cognitive, physical) that have been preserved.

Looking at each individual's potentials is the key to the accomplishment of a given task. Creating a multi-sensory environment, coupled with individual modifications encourages each individual to participate at his/her own level, which leads to success.

The Adult Care Center's activity program offers a wide array of multi-sensory activities to promote individual success and independence. These activities include Tai Chi, Art Therapy, Aromatherapy, music therapy based programs (Music and Spirituality, Intergenerational, Movement to Music-exercise), cooking, etc. Stimulation of various senses (smell, taste, touch, sight, auditory) and efferent brain pathways (kinesthetic, proprioception) can be triggered through such activities. For example, a simple cooking activity, such as making a fruit salad, may activate various senses and efferent pathways at the same time:

- **Smell:** ingredients, spice incorporated
- **Taste:** sweet, sour, spicy
- **Touch:** texture of food (how it feels in your hand, mouth)
- **Sight:** reading instructions
- **Proprioception:** (awareness in space) knowing how to hold utensil, tip measuring cup
- **Kinesthetic pathway:** (process of doing) pouring, stirring, cutting, measuring

Activities are also geared towards preferences of participants based upon hobbies, talents, and/or former occupation of each individual. Music and Spirituality was a program that was introduced and implemented at The Adult Care Center as part of a Complementary Alternatives Modalities Grant. The

participants responded so well that we decided to list it on the activity calendar once a week. Participants religious beliefs, culture and personal history were taken into account before implementing certain activities, including Spirituality. The program tailored for current ACC participants consists of familiar scripture recitation/reading, percussive instrumental activities (incorporating participant's responses into a song), chime activities during meditation and prayer, and familiar songs of worship.

The philosophy behind the Holistic approach (integration of mind, body and spirit) encompasses the Music and Spirituality program, once again concentrating on strengths verses weaknesses. Below are several examples of this approach.

- **Mind:** familiar songs may provide comfort, evoke positive feeling (redirects from anxiety)
- **Body:** regenerate energy through music experience (reduce lethargic behavior)
- **Spirit:** stimulate nonverbal communication through music (hope, joy, wisdom) – crucial for an individual with expressive aphasia

Evoking positive emotions is important in enhancing one's quality of life. Incorporating activities that provide these experiences allows each participant to feel needed and valued. Young or old, disease, or no disease, it is still important to have a purpose in life. *The Adult Care Center does exactly that!*

## A Note from the Board President

Dear Friends of the ACC,

On June 18, the ACC's Board of Directors held a retreat, during which we considered what actions might be necessary to prepare the Center for the future, both in terms of meeting programmatic needs of clients, and in terms of meeting the organization's needs to be successful from a business and economic standpoint. Franny Crawford, Director of Development at The Museum of the Shenandoah Valley was our facilitator, which we very much appreciate. We categorized ideas into six major areas: Center Development, Personnel, Marketing and Public Relations, Finance, Fundraising, and Board Development. Within those categories are 33 different ideas on what is needed for the Center to thrive in the future.

In July, we held a social hour for caregivers. In addition to a few minutes of socializing, it provided an opportunity for Kerri Burkhart, our Treasurer, and me to talk to families about the Center, its impact on their lives, and what they thought about the services provided. I enjoyed talking to caregivers and very much appreciated their uniformly positive comments about the Center's programs and staff. "It's a Godsend!" was the phrase used by at least three caregivers.

Where do we go from here? The board's Center Development Committee is going to pull this information together so we can develop specific goals to be accomplished to move the Center forward. We'll then need specific steps for implementation, getting down to the gritty issues of who will be responsible for each action to be taken, when we will start the project and have it finished, what we will need in terms of personnel and other resources, who has to approve what, and how we will measure progress and outcomes.

We do all this so the Adult Care Center of July 2009 will provide a better program and be a stronger organization than the Center of 2008. The Center of 2010 will be better yet! The many friends of the Adult Care Center have been instrumental in getting us to where we are today, and will continue to play various roles in the future. Thank you for your help—we will count on your continued help as we move forward.

As I always close, I ask you to think about people you know who are caring for a family member. If someone needs the Adult Care Center's services to make their loved one's, their own, and their entire family's life better, please pass along this newsletter and encourage them to call Jane at the Center.

Diane Shipe, Ph.D.  
ACC Board President

## HOW CAN YOU HELP THE ADULT CARE CENTER?

### Volunteer your time:

- Assist with activities
- Spend one-on-one time with participants

### Volunteer your services:

- Launder lap quilts and afghans
- "Adopt" our Christmas party by purchasing and wrapping inexpensive gifts for our participants
- Steam clean our chairs

*Tell others about us (word-of-mouth is the best referral)*

### Provide food or supplies:

- Paper towels, facial tissue, baby wipes
- Snacks (fruit cups, applesauce, juice, ice cream bars)
- Art Supplies: quality brushes, canvas, washable paint)

### Financial assistance:

- Contribute to our scholarship fund for participants who need financial aid

**Please call us at 722-2273 for more information.**

## Rubbermaid Truckload Sale

TO BENEFIT  
THE ADULT CARE CENTER AND  
UNITED WAY OF THE NORTHERN  
SHENANDOAH VALLEY

**Saturday, August 30, 2008**

**8:00 am – 12:00 noon**  
**Belk Parking Lot**  
**Winchester, Virginia**

**Shop for great Rubbermaid products at dramatically reduced prices.**

*This is a fundraiser in partnership with Rubbermaid and the Salvation Army*

## A Toolkit of Caregiving Tips

Due to memory difficulties, people with early Alzheimer's disease (AD) may have trouble finding the right words to communicate. Your family member may not finish his or her sentences, or repeat the same phrase over and over. As time goes on and memory loss becomes worse—tasks like asking for help and expressing needs become more and more difficult.

People with AD also have trouble with listening. Your family member may not understand you or they may forget what you've just told them. Your family member may also have trouble understanding explanations or following directions. All of this can make communication very challenging.

- Keep what you say short and simple.
- Give simple, one step directions.
- Use "yes-no" or "either-or" questions when possible. For example, instead of asking "What do you want to eat?" Try "would you like toast?"
- Wait a few minutes for your family member to respond to your communication (verbal and nonverbal).
- If your conversation has not gone well, try again later.
- Be specific – use the name of the person or things – like "Mary" and "spoon", instead of "her" or "it".

*If communication problems continue, try these additional tips:*

- Use gentle and slow hand-over-hand demonstration, showing your family member what to do, one step at a time.
- Communicate in a quiet environment, one that's free of distractions.
- Use humor when communication becomes stressful. However, your family member should not be the target of the humor. Also, avoid sarcasm.
- If hearing aides are used, check the batteries often. A hearing aid battery may only last two weeks.

For a complete review of this and other information included in the toolkit, please call Dr. Corcoran at 540-665-5563.

*The Communication Tips above are taken from "A Toolkit of Caregiving Tips" by Mary A. Corcoran Ph.D., O.T.R. Professor of Occupational Therapy at Shenandoah University. (With contributions from the SU Occupational Therapy Class of 2007).*

*Dr. Corcoran is a member of the Adult Care Center Board of Directors.*



## Swing to the Music of Jump Alley

*A dance to benefit The Adult Care Center*

Saturday, **September 13, 2008**  
8 to 11 pm  
Greenwood Fire Hall, Greenwood Road  
Winchester, VA

*Band sponsored in part by:*  
**Debbie Walker, BB&T Mortgage**

Tickets **\$20 per person** • BYOB • Snacks and Nibbles provided

For Information or Tickets:  
call the Adult Care Center at 540-722-2273  
*Tickets courtesy of Wisecarver Communications*

## ADULT CARE CENTER

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