

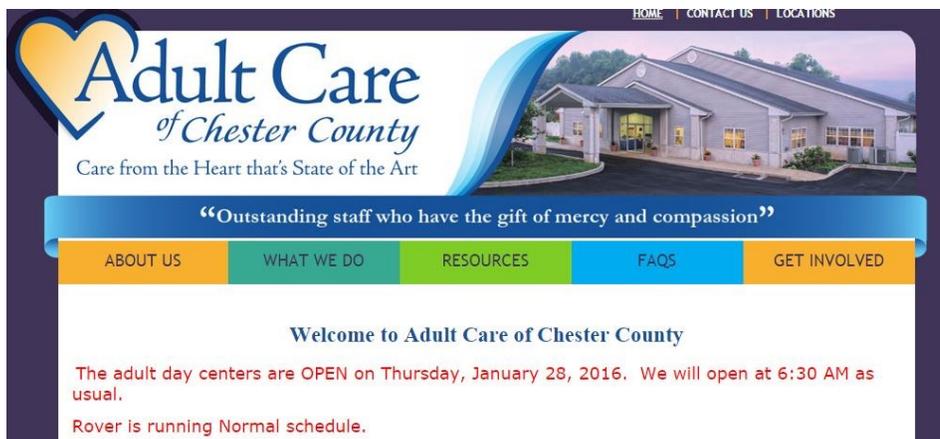
the News of Adult Care of Chester County

Care from the Heart that's State of the Art

Snow and other emergency closings/delays

With each weather event we learn something new. The year we had the ice storms and power was out, we learned that we needed a back-up plan in case the power was out, leaving the phone and message system useless. That's when we set up a backup message system with Verizon. This year, with a new phone system and the increased use of cell phones, we discovered that some had difficulty getting to our "inclement weather" message. Please use our published Exton number 610-363-8044 for the status of both centers. If you are calling before 6:30 AM or after 5:30 PM you will be taken into the "we are closed" message very quickly. If you are calling after 6:30 AM and before 5:30 PM, it will ring longer before the message starts because the computerized phone system thinks we are open, even if we are not, please be patient and wait for the message. The option to select is 1 (one) for the "inclement weather" line.

Another lesson we learned during this storm is that some people never got as far as our homepage when they used their browser to find our listing. The browsers typically say open or closed based on the posted hours and don't reflect special situations. If you use your browser to find us on the internet, please click on the website button to get to our homepage as shown below:



Continued on last page..

February 2016

In This Issue...

- Snow/Inclement info
- Support Group Topics
- Participant Spotlight: Becca Merrick
- Holiday Schedule

The mission of Adult Care of Chester County is to support and empower families in their caregiving experience by offering them a welcoming, friendly day service that provides state of the art care from a highly trained, relentlessly competent, and compassionate staff dedicated to enabling their loved ones to physically and cognitively thrive so they can remain at home for as long as possible.



Exton Center at 201 Sharp Lane, Exton, PA 19341 | 610.363.8044
Southern Center at 500 Old Forge Lane, Suite 503, Kennett Square, PA 19348 | 610.388.1166



Caregiver Coffee Hour at Adult Care of Chester County

Looking for a convenient way to get in touch with other local caregivers? Don't forget that Adult Care of Chester County hosts a Caregiver Coffee Hour twice each month. We begin at 10:30 AM and usually end around noon on the second and fourth Monday of the month. Come anytime; no registration is required. Feel free to bring a friend. Start off the New Year by taking time for yourself and attend one of our Caregiver Coffee Hours. If you would like to bring your loved one with you, please let Kim know and s/he can participate in the program activities while you attend the meeting.

Coffee Hour Topic

Monday, February 8, 2016 - Dr. Valerie Vilbert and Dr. Linda Vilbert will be joining the group on 2/8 for an open discussion of health issues/concerns. **How often do you get 90 minutes with two physicians to "chat" about health, wellness and illness?**

Monday, February 22, 2016 - Heart Health or attendee choice.

Monday, March 14, 2016 - Danielle Kronmuller, MA RD LDN from Hickory House - Adapting to eating changes and needs in caregiving

Monday, March 28, 2016—Falls Prevention

Call Kim at 610-363-8044 or send an email to kmarnien@acofcc.org for more information.

Why Support Groups?

One of the questions we ask on our quality improvement surveys is whether the individual answering the survey has attended a support group meeting. For those who have not, we ask them to share their reason(s) for not attending and most often the response is centered around the lack of "time". Some replied that they attend a support group elsewhere or don't feel the need to take part in a support group. I've attended workshops that suggested calling them by other names like "Caregiver Coffee Hour". Another thing we've learned is that, while sharing is beneficial, learning is critical so we offer an educational aspect to each of our meetings. Our Caregiver Coffee Hour held at our Exton center is a small friendly group of caregivers that share helpful hints and support, letting one another know they are not alone in their struggles with being a family caregiver. For the February 8th, meeting two physicians will be present to talk about issues of aging, health and caregiving. If you've never attended one of our meetings, make this your first. If you haven't been for awhile, consider coming back. Listed below are the "benefits" of participating in support groups taken from <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655?pg=2&p=1>

Benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression, anxiety or fatigue
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options



Rebecca Merrick Participant

“Becca” was born in Conshohocken, Pa. on April 1, 1946. Her parents were Fannie B and Idell Johnson. She is the 3rd eldest born into a family of 12. She has 6 brothers, Otis, Idell, Walter, Larry, Norman and Blanch. Her brother Frank is deceased. Her sisters are Barbara, Bertha, Mary and Millie.

Becca grew up in Conshohocken and graduated from Conshohocken High School. She played Field Hockey and her favorite subject was Math. Following graduation she had no interest in higher education, and left her hometown in search of better employment opportunities. She says she boarded the train in Philadelphia, after telling the ticket agent she wanted to take the first train out, no matter where it was going. She landed in Washington,

DC ! Within a few days of arriving there she had a job with the American Security and Trust Bank where she was employed for about 2 years in the Collection Department. Her next opportunity was a position in the Library of Congress. During this course of time she knew she wanted to further her education and was accepted at Strayer University in Washington DC. She went to school and also worked full time there at the university. In 4 years she had earned her B.S. Degree .

Following graduation she worked for the “Organization of “Future Who’s Who Among American College Students”. When asked why she worked there she would say “so I can put Mom and daddy’s name in that book” !!

Other work experiences that she enjoyed included being Store Manager of the Home Goods Dept. at J.C. Penny and working for MCI in Washington until they closed. She also worked for 3 years at a consulting firm setting up computer systems for Social Security and HUD (Housing and Urban Development). Her last and favorite employment was with Allstate Insurance Company where she was Manager of the SUBRO Division , where settlements were made She said she was always top in getting satisfactory settlements. That job also involved some travel which she enjoyed.

Becca was married at St. John’s Church in Conshohocken in January of 1966. Her only child, Steven Troy was born July 28, 1966. His daughter “Destiny” is her only grandchild and she is very proud of her. Steven lives in Anderson S.C.

Her brother Larry’s granddaughter, “Hope” is the “light of her life” Becca has always loved children. Becca has always strived “to be the person that she is”, and not wanting to be someone else. She feels it does not matter what someone else thinks you should be. She is contented and satisfied with who she is and what she stands for. She said she has never accepted defeat and never will!

She has friends in care facilities and when she visits them they tell her they are reserving the bed next to them for her. Her response is “Don’t save me a bed. I am not going to leave where I am now!!”

Becca has a great sense of humor and loves to make people laugh. When she cares for someone “It’s all the way” !! Friends are important to her and family is very important.

She is very close to and proud of her brother Larry. Larry is the Pastor of S. Coatesville Life Center Church and his wife Lisa is the Co-Pastor. Faith has always been a great part of Becca’s life and her family’s involvement in Church is something she is very proud of. Her brother Walter, is also a Pastor and he and his wife, LaFrance are a part of the Ministerial Team of the S. Coatesville Life Center Church.

Her sister Bertha is Pastor of The Joseph Dehard AME Church in Manayunk. *Continued next page..*





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Her brother Blanch has been very involved in his church as was his wife Kim who was a preacher. Kim is now deceased. Becca’s “Aunt Alice” (deceased), was a preacher in New York.

Becca likes to make people happy and she likes to make them feel good about themselves. She feels that is why God put her here. She also feels she can fulfill that goal here at Adult Care. When asked about how she feels about coming here she said “It is good here and I like it here. It is better than sitting home looking at 4 walls every day” She has been coming here for 3 ½ years and has many many friends among clients and staff. She ends by saying she likes it here because “SHE IS THE BOSS”! Thank you, Becca for brightening our days.

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Another option and probably the one that works best for unexpected changes would be the text message or email alert from Foxphilly.com or NBC10.com. If you are interested in signing up for that service, go to www.NBC10.com and click on **weather**. From there click on School Closing Alerts link then look for the **subscribe to mobile alerts** link to sign up. A similar process is set up for foxphilly. If you don’t find us listed under schools, check the businesses category.

Holiday Bonus Fund

The Care Team members of Adult Care of Chester County each received a nice Holiday gift as a result of the generosity of our caregivers.

The total received this year was \$4,285 and was distributed to all staff based on the number of hours worked during 2015.

Thank you!!!

Celebration Corner

Happy Birthday this Month

Participants: Exton: Robert O. 2/1, Rudisill A. 2/2, Anne U. 2/7, Thomas T. 2/11, Vincent D. 2/12, Anna B. 2/15, Lawrence “Mel” H. 2/15, Dominick B. 2/21, Timothy I. 2/27, Joseph L. 2/28, SCCC: Alessio C. 2/1, Gary Alan C. 2/11, Richard M. 2/17

Staff: Nina Barbetta 2/12,

Staff Anniversaries:

1 Year: Samantha Leach 2/28

Holiday Schedule:

In case you are wondering.....

The centers are OPEN on President’s Day, February 15, 2016

The centers are OPEN on Good Friday, March 25, 2016

The centers are closed on Memorial Day, May 30, July 4th and Labor Day, September 5, 2016

Board of Directors

Chair: David Carter, MBA

Treasurer: Thomas Mancill

Secretary: Susan Pizzi, RN MS

Members:

Deborah Dart, Krista Fuchs, Mary Fuchs, MBA, Nancy Hauser, M Div
Kristen R. Matthews, J.D., LL.M. Laura Montemuro, MSW
Kathleen T. Purcell, Teresa Rothermel



*Exton Spotlight articles submitted by Pat DeHart.
Assembled by Pat Shull*