

the News of Adult Care of Chester County

Care from the Heart that's State of the Art

Planning AheadNeed Your Help

In 1983 a proclamation was signed by President Ronald Reagan designating National Adult Day Care Center Week in recognition of the value adult day care centers have in which “partially disabled men and women of all ages can obtain care....” The proclamation goes on to say “In recognition that adult day care centers and their dedicated professional staff serve many health maintenance functions, provide vital medical care, including medication monitoring, therapies, and health education, and provide invaluable opportunities for social interaction....”

We are in the process of planning the events and activities for the week and we are requesting input from you, our participants and family caregivers. The theme is Family and Friends. In the following paragraphs I will explain three things that have been presented to the leadership of ACCC and we need to know from you, are they things in which you would be interested in participating? The questionnaire is not a commitment but just a survey to determine the level of interest before we move forward with planning.

- 1) Sunday afternoon Dinner at Adult Care of Chester County (either Center – 2 different Sundays) for participants, families and friends. We are thinking of having a sit-down meal with a simple menu of just two choices so people with dementia could participate in ordering their food without much difficulty. We thought families might like a photo area set-up to capture that family time together. We would need to charge to cover the cost of food but would do as much with volunteers as possible and keep the menu simple. Soft music or entertainment might also be part of the afternoon depending on responses.
- 2) Family, Friends and Neighbor Flea Market inside the Exton Center Saturday morning, September 17, 2016. Probably \$10.00 to rent a space (bring your own table, etc.) or \$20.00 rent plus table. One other thought is to donate items to the ACCC table with proceeds going to the “activities” of the programs. We are considering food like donuts and coffee in the morning and hot dogs, etc. starting at 11:00. Please respond to the survey so we can determine if there is interest in donating, renting space and/or attending.



July 2016

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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.



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Caregiver Coffee Break 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 Break twice each month. We begin at 10:30 AM and usually end around noon on the second and fourth Monday of the month. Come to any meeting; no registration is required and feel free to bring a friend. Add a spring in your step this month with a healthier you by taking time for yourself. Attend one of our Caregiver Coffee Breaks to share refreshments and friendships while receiving the support of others through tips and information offered. If you would like to bring your loved one with you, please let Kim know so we can plan for our guest to participate in the program activities while you attend the meeting.

July 11—Sharing and the importance of Hydration

July 25 - Concussion and Seniors by Michelle Epstein MSW, LCSW, CBIS of Bryn Mawr Rehab Hospital

Concussions don't just happen to athletes. Learn what causes a concussion in older adults and the signs you have a concussion. This presentation will also provide important information on what to do if you suspect a concussion and when it is safe to return to the activity.

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



Message from Pat Shull, RN, CEO

Here we are halfway through the calendar year and at the end of the ACCC financial/program year. From July 1, 2015 through June 30, 2016 we've provided care and services to 195 participants and their families. Of those 195 participants, nearly 50% are 80 years or older. I find it interesting that 49% of those served are men. Another interesting fact is that 39% are married and 30% are widowed. We all welcomed the 64 people that enrolled in our programs last year. Participants attended 12,087 full days and 1,293 half days in Exton and 6,112 full days and 479 half days in our Southern CC Center. Nearly 20,000 lunches were served.

As we start our next financial/program year, our goal is to reach even more families that have a loved one that can benefit from attendance at our centers. We know there are others in our communities, they just need encouragement to try adult day services. Please help us reach more people by sharing your story of how we've helped you and your family.

Thank you for letting us share our days with your loved one and be part of your care team.

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- 3) As one of our current caregiver families you know the value of the socialization, activities and care that we provide to our participants but there are many people that still don't know we exist. Just yesterday I was surprised when someone said "If only I had known about your services before I placed my grandmother in a nursing home." Unfortunately we hear that far too much despite our 32 years of telling our story. We need to try some new ways of "getting the word out". A couple of ideas involve our caregivers so we are asking you to respond on whether you think they are a good idea and if you are willing to participate.
- Window decals or bumper sticker for your car – the survey is asking if you would do either one and if only one – which one would it be?
 - A postcard size info piece or "gift certificate for a trial day" that you could hand out to people when the subject comes up.
 - Invite a friend to an open house that we hold, even if they don't have a need right now, if they see what we do, it might help them remember us when the need arises or they hear of someone else in need.
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Exton Participant Spotlight: Genevieve Dine

Genevieve, known to us as “Jean” was born in Philadelphia on November 29, 1919. She grew up in Haverstown, Pa. and graduated from Haverford High School. She came from a family of 8; six of her siblings have passed away. She has one living sister, Gloria Casterani.

Jean liked to play football and baseball with the boys. She especially liked to join in on a race and always came in first!

When she was in 12th grade she was getting on the bus and as she was entering a young boy on the bus said “Stand Aside For The Lady” and everyone did. His name was John Austin Dine, he and Jean married on April 10, 1939. They have one daughter, Jacqueline Ann.

During her working years Jean had some interesting jobs. She worked for “Slinky” in Malvern and then for Burroughs in Paoli where she did silk screening for the first space ship for astronauts.

She and John went to Alaska, driving as far North as they could they then took a small plane and went further. In 1957 they went to Cuba just before the invasion of Castro. They had many trips to the Caribbean.

Their summers were spent at Bethany Beach, Delaware and their winters at Ft. Myers, Florida. They have 3 grandchildren, Lisa Ann Weisbein, Kevin Bryan Von Kleek and Linda Jean Reardon and 4 wonderful great grandchildren, Megan, Brooke, Tim and Lindsey.

They traveled as a family of 4 generations to Hawaii and Punta Cana. John passed away in 2003.

Jean is a spark of sunshine when she arrives in the morning, no matter the weather. She comes in smiling and happy and full of energy. She enjoys her time here, participates in the activities and has made many new friends. She also is delighted with Pet visits and our music programs. We are happy she shares her days with us.



In Search of a Full-Service Hair Stylist—1 day each week

A couple months ago, I introduced you to our new stylist. We were very excited about her skills and were looking forward to a long relationship. Well, as the saying goes, “the best laid plans....” She found that things in her life changed and the extra work of coming to our centers was too much. We’ve been searching ever since. We have one person interested but she only does cuts and blow-dry styles, no perms or color. We are looking for a full-service, reasonably priced stylist. If you know someone that would be willing to work one day each week (just a few hours for starters) in our Exton location and once a month in our Kennett Square location, please talk to that individual and ask him/her to call Pat Shull at 610.363.8044 or email pshull@acofcc.org.



Centers are CLOSED Monday, July 4, 2016

Jammin' July 2016

Many thanks to Frank and the folks at Rocco's Pizza of Exton for the delicious assorted hoagie tray they donated to our Father's Day Social on Monday, June 20. The guys here at ACCC really enjoyed the treat and we appreciate the generous gift!

July will start off with a bang as we begin the month with an Independence Week celebration! With all the fanfare of a good old summertime party, we will commemorate the birth of our great nation. On Wednesday, July 6th we'll have a Patriotic Sing Along and Dance, in honor of how blessed we are to live in the land of the free and the home of the brave!

The week of July 11th takes us right to the beach and the joys of a summer vacation at the seashore! Oh, to sit under a big colorful umbrella with our toes in the sand watching the boats go by, or wading in the waves to collect shells.....the beach is a restful and refreshing haven. We'll spend the week taking in the sights and sounds of the seaside, the day and night life, and dance the afternoon away on Thursday at the Gathering Room Beach Bash!



Aaah...it's mid-July and the summer breeze is blowin'. Flowers of every fragrance and color are bloomin'! We'll enjoy them all during the week of July 18th with songs, activities, crafts, and leisure, dedicated to the wonderful world of flowers. It's time to stop and smell the roses!

From blossoms to tumbleweeds we go, as we head out to the Wild West during the week of July 25th! Kicking off with a Country Dance on Monday, we'll follow the likes of Wyatt Earp, Calamity Jane, "Wild Bill" Hickok, and other colorful characters of notoriety into the lively frontier. It'll be a week of music, excitement, and legends of the Old West. So saddle-up all you cowboys and cowgirls, lawmen and bandits, and get ready for some rowdy revelry!

Celebration Corner

Happy Birthday this Month

Participants:

Exton: Richard H. 7/2, Judy P. 7/4, Barbara G. 7/5, Marvin B. 7/10, Audrey S. 7/11, June P. 7/14, John T. 7/17, Laura S. 7/24, Susan B. 7/30,

SCCC: Joan E. 7/8

Staff: Jennifer W. 7/10, Penny H. 7/16, Shauna H. 7/31, Joyce C. 7/27,

Welcome New Enrollees: Exton: Louise D., Iris L., Stephanie P. SCCC: Erica C., Gail K., Richard L.

Staff Anniversaries: 9 Years: Judy Brower 7/2/2007



*Exton Spotlight articles submitted by Pat DeHart.
Reflections and looking ahead by Mary Weiss
Assembled by Pat Shull*

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