

the News of Adult Care of Chester County

Care from the Heart that's State of the Art

Fun Times Ahead!!

Spring will soon arrive and we are busily planning special events in anticipation of nicer, warmer weather!

Center activities in the future include:

Mardi Gras Party/Dance 1:30 PM

Exton March 4 Southern March 7

St Patrick's Day Party/Dance 1:30 PM

Exton March 17 Southern March 21 dance (party on 17th)

April 6, 2014 2:00 PM is the date for the rescheduled Family Holiday Dinner that was postponed from December.

In May, the Senior Proms will provide one of the highlights of our activity year. These events provide an opportunity for family members to join their loved one for a wonderful dance and a chance to meet their friends. You will receive an invitation in the future, but we want you to save the date on your calendar.

Exton May 15 Southern May 16

Fundraising Event—Texas Roadhouse Dine & Donate

With this newsletter you are receiving an invitation (flyer) for the Adult Care of Chester County **10% Donation Night**. Whether you dine in on Wednesday, May 7 between 4:00 PM and 10:00 PM or get take out or purchase gift cards during that time, when you present your invitation, Adult Care of Chester County will receive 10% of your purchase amount. Please share the invitation with friends and family, maybe get a big group together and enjoy the night out. The invitations cannot be distributed on their property that day so please get the word (and the invitations) out early. Hope to see you there.

Tax ID Number

As you start to gather your information together to do your taxes, you will need the Tax ID number of Adult Care of Chester County, Inc. if you are claiming a Dependent Care Credit. Our number is 23-2447144.



March 2014

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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.





Events & Resources for Caregivers

Solana of Willistown Caregiver Education events:
Walking in my shoes March 18th 2:30 - 3:30 pm
A day in life of someone with dementia , presented by
Caring Hospice.

Stroke Prevention March 3, 2014 2-3 pm
presented by Bryn Mawr Rehabilitation

Diabetes Support Group
Monthly meeting for individuals with diabetes and
their family members. The focus of the meeting is on-
going support, sharing of day-to-day experiences and
updates in diabetes management
Chester County Hospital
Thursday, March 20 7:00-8:30 PM
Thursday, April 17 7:00-8:30 PM

Eagle's Nest

After much deliberation and lively discussion among the partici-
pants, we have decided on the name for the new program in our
Exton center. The program will be called "Eagle's Nest." Where
did the name come from? We're so glad you asked! Eagles are
regal birds; they signify strength; they fly free and soar to the
highest heights. By joining in the daily activities, whether cogni-
tive, physical, the arts or music, each participant in the Eagles
Nest will have the opportunity to build on personal successes,
achieve individual goals, and soar to new heights.



Our excellent staff is looking forward to working with our individuals each day to help them reach their full potential, as well as encourage social interactions within the group. There has already been a lot of fun and interesting conversation in the Eagle's Nest and the nest is beginning to be feathered with numerous art projects. We are looking forward to a bright future as we fly free together!

Celebration Corner

Happy Birthday this Month

Participants: Alexandria (Sandy) P. 3/2, Ross F. 3/7,
Bernadette G. 3/10, Josephine F. 3/11, Joseph V. 3/12,
Johnnie S. 3/16, Paul S. 3/17, Kathryn D. 3/19 and
Audrey B. 3/31
Staff: Bridget L. 3/7, Diana D. 3/20 and Amelia S 3/20

Welcoming New Participants

Michael C., Gerald H., Raymond Y., Janis M.,
Thomas M., Benjamin M, and Natividad A.

Staff Anniversaries

Eileen G (SCCC) 1 year on 3/18

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 a month. We begin at 10:30 and usually finish around noon. They are held on the 2nd & 4th Monday of the month. Come any-time; no registration is required.



Coffee Hour Topic

3/10 – Importance of Validation
when communicating

3/24 – Reminisce tips and activities.

Call Kim at 610-363-8044 for more information.



Exton Participant Spotlight: Josephine Falcone

Josephine was born at home in Paoli, PA on March 11, 1937 to parents Frank and Eleanor Borromeo. She grew up on Summit Road in Paoli. She had 3 brothers, Louie, Frank (Butch), and Bill, and one sister Ella Mae. She enjoyed sports, hanging out with her Aunt Bobbi (Webb) and Helen (Moulds), and dancing with her friends.

Josephine attended Tredyffrin Easttown High School and years later returned to school to learn computers. During her teen years, she worked at the Paoli Diner as a waitress. Later, she worked at the former Rush Hospital, now Bryn Mawr Rehabilitation Hospital on Paoli Pike in Malvern.

On December 10, 1955, she married Anthony J. Falcone in West Chester and they were married for 56 years. They had 5 boys: Anthony (Cindy), Albert (Anne), James (Nancy), Charles (Laurie) and Thomas (Kathy). She has 11 grandchildren, Tom, Anthony, Kristen, Fallon, Samantha, Jesse, Alicia, Kevin, Kendall, Justin and James, and 3 great grandchildren, Fanella, River and Mia. Josephine loved her children's baseball and softball games as they got older. She kept the best baseball book in the Main Line and West Chester Leagues, and never lost a confrontation of scores, balls/ strikes and all that it involved. She was feared when confronted by other teams!

An achievement of which Josephine and her family are very proud is her receipt of the "President's Award" at Bryn Mawr Rehabilitation Center. At the time, she was secretary for the Physical Therapy Department. She had joined that department as an aide in 1969 and became the staff secretary in 1980. The following tribute was written about her:

"Jo is a real self starter, contributing much more than is expected of her. She learned to use the computer on her own time. Over the last three months Jo volunteered to help structure the new PT/OT Staffing Coordinator position. Once, a new employee from out of town could not find a place to live, so Jo took time from her lunch hour to help track down an apartment. Jo's commitment to getting the job done has earned her the respect of her co-workers. As one of her colleagues noted, 'if we can't do it, find it or fix it we go to Jo and she solves the problem.' Her combination of exceptional dedication and concern make Josephine Falcone one of Bryn Mawr Rehab's shining stars. Her prize includes a \$250.00 gift certificate, a preferred parking space for three months and a ticket to the annual Employee Recognition Dinner."

Josephine retired in 2004 after 35 years of service.

"Jo" is known to all of our participants and staff at our Exton center for her caring and interest in everyone's welfare. She is a bright spot in our days and is always ready and eager to help all of us.

"JO" FALCONE RECEIVES PRESIDENT'S AWARD

Josephine Falcone is the fifth winner of the quarterly President's Award, announced on July 16 in the first ceremonies conducted by new president Barry Rabner.

Currently the secretary for the Physical Therapy Department, "Jo" has been a member of the Bryn Mawr Rehab team for 35 years. She joined the department as an aide in 1969 and became the staff secretary in 1980.

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Her combination of exceptional dedication and concern make Josephine Falcone one of Bryn Mawr Rehab's shining stars. Her prize includes a \$250 gift certificate, a preferred parking space for three months, and a ticket to the annual Employee Recognition Dinner.

The next President's Award will be announced in mid-October, so keep those recommendations coming.

Josephine retired from Bryn Mawr Rehab in 2004 after working there for 35 years.



What a Month! What a Winter!!

This year, the winter weather has been a challenge to many, including operations at Adult Care of Chester County. Multiple snow storms, hazardous travel conditions, and power outages have plagued us all. The first week of snow storms resulted in closures and power outages at our centers and a resultant delay in issuing the February newsletter. While we were fortunate to be open on Friday, February 7th, we found that many of our participants and their families (as well as our staff members) were still without power. As a positive result of that situation, we have approached the American Red Cross about the possibility of our facility functioning as a shelter in the future for our participants and their families as long as our centers have power (or as soon as it is restored). Our suggestion is being considered.

As you all know, February 13th brought more snow and closure of our centers. Our Valentine's Day Dance on February 13 in Exton was impacted and on February 14 the center closed on very short notice to our families. That day, we arrived at the Exton Center to discover that the snow plow team had not cleared the driveway and it was impassable. After emergency calls went unanswered, we were forced to close for the day. (In case you are wondering, we have a new snow removal company taking care of our Exton Center.) In addition, in our Southern Center, two staff members who had made it in were taking phone calls, but quickly realized that the rest of the staff were snowed in at their homes. After careful consideration of all factors, that center was also closed for the day.

We sincerely regret the fact that on February 14th, we had no way to reach some of the families who would have checked the TV or phone message early when they indicated our Centers would be open. To avoid this situation in the unlikely event that it should occur in the future, we suggest that you consider doing one of the following:

- Elect to receive a text message from the Executive Director for closings or delays. You should send an email to pshull@acofcc.org. Please note that this will be a group notification set up on a cell phone, so that you may receive multiple response emails from others on the group, or that your response may be viewed by other family caregivers.
- For a more secure notification of changes, we recommend that you sign up to get a text alert from NBC10.com (almost instantly when ACCC notifies them). To do this, go to www.nbc10.com and go to the School Closing page and you will see this:

SCHOOL CLOSINGS

Get future school closings sent straight to your inbox or cell phone. [Click here to sign up today!](#)

This is an easy process and it really works. Pat Shull signed up just to test it, and the text appeared on her cell phone as soon as she had posted the change.

With a shaky forecast for Monday, March 3rd, please consider signing up for text notifications.

TV stations that include ACCC in school closing list are Fox and NBC. CBS/KYW list ACCC in Community Note: ABC does not include ACCC in school or community closing lists.