

the News of *Adult Care* *of Chester County*

Care from the Heart that's State of the Art

Annual Meeting of the Board of Directors

As a nonprofit corporation, Adult Care of Chester County is governed by a volunteer Board of Directors. Each year, the Annual Meeting is held in May. This year the Annual Meeting will be held on Wednesday, May 25, 2016 at our Southern Chester County Center located at 500 Old Forge Lane, Suite 503, Kennett Square, PA 19348. As participants and family caregivers, you are welcome to attend the Annual Meeting. In order that we have the room set-up appropriately for our guests, please contact Pat Shull at pshull@acofcc.org or 610.363.8044 if you plan to attend.

If you are interested in being considered to serve on a committee or for nomination for a Board seat, contact Pat. The process for nomination is submission of your resume and a meeting with the nominating committee. The Board responsibilities and a list of the current Board Members can be found on our website, www.acofcc.org, under Our Team.

Promoting Activity Engagement—May 17

Thank you to Lori Eckert, OT of Jefferson University for facilitating our family caregiver education workshop in Exton in April. She will be back again at our Kennett location on **Tuesday 5/17/16 at 8:00 AM** for those that missed it or those that prefer convenience of this site. The workshop educates family members on the benefits of activity for individuals with dementia and provides caregivers with strategies to promote participation in activities that are of interest. Participants will learn and practice these strategies and gain the knowledge to enhance activity engagement with their family member with dementia. At the Exton event, families were interacting and sharing ideas as a group to help develop a larger list of activities to take home and try. Challenging behaviors can sometimes be a reflection of boredom and frustration which developing a go to list of distracting activities done at home can be great way to decrease frequency. It was great to hear that so many who attended were equally rewarded from the interactions and discussions that happened as a group with Lori's facilitation. Eager to hear from those that attended the Kennett's workshop. Feel free to RSVP to Kim at Exton at 610-363-8044 if interested in attending or Joyce at SCC 610-388-1166 to register for the event on Tuesday May 17 at 8am



May 2016

In This Issue...

- Caregiver Coffee
- Participant Spotlight
- Looking Ahead
- Board Members Elected

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.





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 anytime; no registration is required. 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 and our guest can participate in the program activities while you attend the meeting.

May 9 - General group sharing of ideas, challenges and lessons learned.

May 23 -Speaker and Attorney from Legal aid, Christine Zaccarelli will be incorporating information about advanced care and estate planning into a fun game of Legal Aid bingo. She as well will leave time to answer individual questions.

June 13 - General group sharing of ideas, challenges and lessons learned.

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

Monica L. Marchetta elected to the Board of Directors

Monica earned a Masters in Gerontology and a Masters of Public Administration from the University of Southern California, graduating Summa Cum Laude. She earned her BS in Individual and Family studies with a minor in Spanish from the University of Delaware, graduating Summa Cum Laude, Honors Degree with Distinction and Dean's Scholar Adult Development & Aging. She currently works at United Healthcare Medicare & Retirement and is Manager of Regulatory Affairs. She has been with the United Health Group since 2005 in various positions. She spent summers from 1995-2002 as Administrative Intern at Windsor House Adult Day Health Programs in Cambridge Massachusetts. When she was asked why she is interested in serving on the ACCC Board of Directors her reply was: "I "grew up" in adult day health and have a master's in Gerontology. My mom runs 3 centers in Massachusetts and I worked in a variety of roles there over the years. It's truly a passion, and was a life changing experience for me." We are looking forward to working with Monica, as she brings many attributes to the Board, including experience in the field of adult day services.



Monda M. Spool elected to the Board of Directors

Monda earned an MBA in finance from Bowling Green State University and an MA in Gerontology from Michigan State University. She earned her BA in Political Science from Ohio State University. Monda has a very interesting career history most recently serving as Executive Director of the North City Congress where she managed and evaluated all North City Congress programs and was responsible for the development and implementation of an Annual Operating Plan and oversaw the human resources functions. Prior to that she was Center Administrator of the Center for Geriatric Nursing Excellence at the University of Pennsylvania, School of Nursing for seven years.

Continued on next page





Exton Participant Spotlight: Antoinette Paul

Antoinette was born on December 20, 1924. Her parents were Tekla and Neftody Halcovich. She was born in the small town of Brady, Pa. which later was renamed “Ranshaw”, This little town is located in the Coal Region of Pennsylvania near Shamokin. Her father was a coal miner. Antoinette has 2 sisters, Ann and Olga and 3 brothers, Jake, Steve and Metro.

As a child she enjoyed dancing and roller skating and especially Ukrainian dancing. Ukrainian embroidery and stringing beads were also favorite pastimes. She especially enjoyed spending time with her friend, Helen. She graduated from Coal Township High School.

During World War II Antoinette was employed at Wright Aeronautical in New Jersey. Following that job she worked in Pomeroy, Whitners and Vanity Fair in the Reading area.

She and her husband Walter met through the church choir. They were married on July 4, 1950 at Transfiguration Ukrainian Catholic Church in Shamokin, Pa. Antoinette and Walter were married 61 years when he passed away in 2011. Their 2 daughters are Debbie and Lois and their 5 grandchildren are Nick, Genny, Tristram, Aubrey and Alexandra.

Antoinette was very gifted at making “Pysanky” which is a Ukrainian folk art of making Easter Eggs that uses a wax resist process. Wanting to keep the heritage of this Ukrainian art she enjoyed teaching it to the children in their church school. She also shared her own collection of folk art, by giving it away. She was gifted at making doll house furniture, sewing clothes, household items and knitting. She also sang in the church choir.

A memorable event in her life was when she traveled to Germany to see to “Passion Play” in Oberammergau. Antoinette has a quiet, gentle personality, that invites friendship. She is admired and well liked by her friends and the staff here at the Exton Center. She is always willing to participate in our activities, enjoys the music programs and also our pet therapy visitors. The Rosary on Wednesday mornings is also a highlight of her week. We are thankful that she shares her time with us!



Antoinette is seen here between her friends engaging in a fun game of Noodle Ball

Continued from previous page

Monda is very familiar with Adult Care of Chester County as she was the Executive Director of the Chester County Department of Aging Services for 10 years. Her other work history includes various roles in gerontology, including nutrition and education. Monda brings an historical perspective of ACCC to the Board and has relationships from her work in the field of aging with government officials and human service providers. We look forward to working with Monda and know that she will play an active role in shaping the future of Adult Care of Chester County.



Centers are CLOSED Memorial Day, Monday, May 30, 2016

A Very Merry May

It's May and the Race is on! During the week of May 2, we will enter the world of Churchill Downs and the 142nd running of the Kentucky Derby! Oh the excitement of the most prestigious and recognizable horse race in the world – the thoroughbreds and jockeys, the garlands of roses and fanfare, and of course the lovely ladies' hats- there's so much to do! On Thursday, May 5, we will experience the thrill of our very own Run for the Roses in the Gathering Room Race Track! One Mint Julep, please!

Mother's Week commences on May 9th with a Mother's Day Tea. We'll clink our teacups and nibble some nice tasty treats while we honor and celebrate Mothers everywhere! A wonderful week of reminiscing and story-telling!

Gardening lore tells us that the unofficial beginning of Gardening Season each year follows the Mother's Day Holiday. We'll spend the week of May 16th getting ready to grow! There's plenty to do inside and out to make the ACCC Courtyards a bounty of beautiful blooms to be enjoyed on a relaxing afternoon, or tossed into a salad bowl. We have soil to till, seeds to plant, bird seed balls to roll, and bird feeders and garden stakes to paint... something for everyone! A labor of love that will give us a rainbow of summer pleasure!

With flowers in mind, our Prom theme this year is Moonlight and Roses! We will celebrate Prom season during the week of May 23rd. The Gathering Room will provide a beautiful and elegant setting for dancing the afternoon away on Thursday, May 26. Be prepared to be swept off your feet!

Memorial Day is May 30 and we will kick off the first of the summer holidays with a week of patriotic singing, flag-waving, and all things American! Three cheers for the red, white, and blue!

Celebration Corner

Happy Birthday this Month

Participants:

Exton: Margaret S. 5/3, May D. 5/7, Amber B. 5/12, Edith J. 5/18, and James P. 5/29 SCCC: Tracy F. 5/3
 Staff: Caley B. 5/4, Georgette W. 5/8, Marianne B. 5/13, Jocelyn H. 5/18, Susan K 5/23, William B. 5/25, June H. 5/29

Welcome New Enrollees: Margaret S., Kathryn P., May D., Dolores G., Ida M., and Barbara G.

Staff Anniversaries:

1 Year: Karen Mertl 5/26/15, Erica Roselli 5/23/15 **5 Year:** Jennifer Wright 5/9/11



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

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
 Monica Marchetta, MPA, MSG, Kristen R. Matthews, J.D., LL.M.
 Laura Montemuro, MSW, LSW, Kathleen T. Purcell, Monda Spool, MBA