

# the News of Adult Care of Chester County

Care from the Heart that's State of the Art

## **Penny Hatrick, CMT selected for the Direct Care Staff Award by NADSA (National Adult Day Services Assn)**

This award was created in 2007 to recognize direct care staff members who demonstrate outstanding person-centered skills, effective communication techniques, dedication, creativity and teamwork attitude. This individual serves as a model for others who choose this profession.



Penny Hatrick, CMT, is being recognized for her excellence in the support and delivery of adult day services. Some people might not think of a Music Therapist as a direct care staff but Penny is very much a “hands on” member of the team. Penny wears many hats during the course of her week and has for the 19 years that she has been part of our team. Penny Hatrick answered our ad for a part-time music therapist. At that time, she had a BS in Music Business with a desire to complete her coursework to earn her Certification in Music Therapy. She joined our team as a part-time music person and part-time ADS Program Assistant and continued with school. She received her Certification in Music Therapy from Immaculata College in 1996 and became our part-time Music Therapist. She immediately put her knowledge and talents to work with both group and individual music therapy sessions. Penny has a knack for drawing the talent out of people and the therapeutic skills that enable people to reach new goals in their rehab.

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## September 2013

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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.





Some of the reasons Penny was recognized are:

Her dedication to the participants in the center and their family caregivers is greater than I've ever seen. It shows in her interactions during her group music therapy sessions, in her special interest groups and in her individual sessions. She puts on three talent shows each year working with the participants for months ahead of each, selecting the works to be performed and holding training and rehearsals. The result is always a wonderful event that the participants and their family caregivers enjoy immensely. Her creativity is unmatched. She comes up with very creative themes that guide the activities and programs for each week. She can take a few donated supplies and create a craft project that participants are happy to take home.

Her willingness to do whatever is needed to help the participants have a great day is amazing. If she is needed in the program to assist with an activity or personal care...she is there. If she is needed to help in the kitchen to plate the food or run the dishwasher....she is there. If a special snack is needed for a special activity, she is soliciting local vendors and residential facilities for donations.

She is very respectful of the participants' ideas, opinions and feelings and solicits their input for special events as well as routine activities. All of the prom and party themes come through her process of involving the participants in planning.

Besides all of the jobs she does during the course of her work, she volunteers on the Fundraising Committee for Adult Care of Chester County and works extremely hard on every event held including the solicitation of auction items or door prizes to creating the decorations. She seems to have an unending source of energy. Even when she is exhausted, she doesn't slow down.



We are very proud of Penny and the National recognition she is receiving with this award. The award will be presented to Penny at the Annual Conference of the National Adult Day Services Association which is being held in Louisville, Kentucky on October 10, 2013 thru October 12, 2013. The award will be presented during the lunch meeting on October 12.



## **It is time to buy your Basket Bingo tickets**

Contact Dave at 610 363-8611 or [BasketBingo@ACofCC.org](mailto:BasketBingo@ACofCC.org)

### **Celebration Corner**

#### Happy Birthday this Month

*Participants:* Amy J. 9/2,, Daniel K. 9/5, Vincent M. 9/7, Richard R. 9/8, Lois D. 9/10, Lisa M. 9/10, Patrick R. 9/11, James P. 9/20, Martha T. 9/22, David R. 9/26, Art I. 9/28, Richard D. 9/28, Arthur B. 9/29, John S. 9/30

*Staff:* Margaret Mary F. 9/19, Joanna H. 9/21, Tom C. 9/26, Quiana B. 9/26, Kim M. 9/27

#### Welcoming New Participants

*Exton:* Garth H., James P., Robert B., Maurene P., and Regina M.,  
*Southern CC:*  
Betty S., John M.,



## Participant Spotlight: Vincent Monardo

“Vinnie” was born on September 9, 1948 in Wilmington, Delaware. He grew up in the city of Wilmington and lived there until 1969 when he moved to Glen Mills, Pa. His is the son of Joseph and Etta Mae Monardo and he has one brother, “Joe”. He always loved to be at his grandfather’s farm in Newark Delaware. At the age of 14 he started helping his Dad at his Barber Shop. Vinnie graduated from Brandywine High School in Wilmington. He met his wife Donna at a carnival. They were married on June 7, 1969 at Saint Thomas Church in Chester Heights, Pa. They recently celebrated their 44<sup>th</sup> wedding anniversary. Donna and Vinnie have one daughter, Maria.

Following in his Dad’s footsteps Vinnie was a barber and had his own shop in Wilmington for 44 years. One very special and interesting life experience that Vinnie had was that he starred in a movie called “The Barber” which was a documentary for PBS. It was filmed by a couple of up and coming film directors.

He always loved gardening and woodworking and a favorite pastime has always been hanging out with his dogs.

Vinnie is very friendly, and outgoing, characteristics that surely made his business successful all those years. He is very caring and has made many friends here at Adult Care. He likes to dance and always enjoys music. We are happy that he shares his time with us.



## Highlights from Exton

August was a very busy month for activities as it started off with Name That Tune Week. We have many participants that have a competitive nature and enjoy inter-program competition. Our Name That Tune week activities provided that opportunity. Penny adds a special element to the traditional game that makes it even more fun.

American Dance Week gave participants the opportunity to learn about music and dancing from all eras and styles. The Dance that was held during that week featured “party dances” including the Twist, the Electric Slide, the Macalena, and more. Watching the participants and staff dance, each with their own unique version was enjoyed by all. Even those in wheelchairs were in on the action with the help of staff.

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## In-service Training Day—Saturday, November 2, 2013

Each year every staff member receives at least 24 hours of training. Various types of training are used to maximize the learning opportunities and styles of each. Some are computer based with a pre-test, chapter questions and a post-test. There are some topics, like proper body mechanics and safe ambulation assist and transfer techniques, are better demonstrated and practiced in person. As a result, we hold one In-service Day each year. This year the date of our In-service Day is Saturday, November 2.

**In order to have all staff participate, The Center will be closed on Saturday, November 2, 2013.**



## Caregiver Coffee Hour at Adult Care of Chester County

We are eager to return to regular scheduled meetings of 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 10:30 a.m. . Caregivers using Adult Care of Chester County services are welcome as well as those caregivers desiring to come from the general community. If your family member doesn't regularly attend on Mondays they are welcome to attend and use the adult day services here complimentary while you the caregiver are receiving the education and support provided in these events as well as our next half day workshop on Saturday October 19. Read on for more details about each topic.

**On Monday September 9, 2013** – Caregivers will follow the crowd of Back to school, learning the **ABC's of Dementia:** Definitions of what is dementia and the forms that comes in as well as some of the behaviors that arise from the changes happening in the brain. Join us at 10:30 am.

**On Monday, September 23, 2013 – Fall Prevention and Safety Awareness in the Home** – review of the environment and things we can do to prevent falls from occurring. Join us at 10:30



## National Adult Day Services Week—September 16-21, 2013

Thirty years ago when the field of adult day care was in its infancy, the first National Adult Day Care Center Week was proclaimed by former President Ronald Reagan. Each year the National Adult Day Services Association chooses a theme and this year it is: “Adult Day Services: Pushing Boundaries to Reach New Heights”

Along with many adult day centers around the country, Adult Care of Chester County will be celebrating with special activities and exceptional food. This will be our 30th time of joining this National Tribute to adult day centers. Depending on the National theme, we sometimes modify the theme to better reflect our centers and this year we've chosen “**Reaching Above and Beyond**”. Following is what you can expect for that week:

### Exton Center:

September 16—Special Exercise Program with Maureen Collins, Senior Exercise Specialist  
September 17—Celebration Dance 2:00  
September 18—multigroup Volleyball Game 11:00  
September 19—Mystery Brunch 11:00  
Talent Show and Open House 1:30  
September 20—Ed The Music Man performs 10:30

State Senator Andrew Dinniman will be visiting during the Open House to address the group and guests.

You are welcome to attend any of these events but we would be especially pleased if you can join us for the Open House and Talent Show. Please RSVP to Jeff.

### Southern Chester County Center

September 16—”Agilent” volunteers will provide entertainment as part of UW Day of Caring  
September 17—Travel presentation by staff members  
September 18—Special Exercise Program with Maureen Collins, Senior Exercise Specialist  
September 19—still to be determined  
September 20—Mystery Brunch 11:00

Open House and entertainment 1:30

Bob Kane from Congressman Joe Pitts' office will visit during the Open House to address the group.

You are welcome to attend any of these events but we would be especially pleased if you can join us for the Open House and Talent Show. Please RSVP to Joyce.



## Volunteer Spotlight: Mollie Graduates!!



“Mollie” is a precious little Shih Tzu who visits our Exton Center on the first Friday of each month. Jim and Judy Williams are her proud adoptive parents. She is Therapy Accredited by “Pals for Life” which is an organization dedicated to providing animal companions to those who need them. They visit nursing homes, crisis centers and reading programs for children. After achieving her certification from them she went on to obedience training at PETCO. She passed the advanced Adult training class in obedience which involved following instruction in Distance, Distraction and Duration while performing specified activities. Upon the completion of this course she was tested and then a



“graduation ceremony” followed at PETCO where she wore a graduation hat and received her diploma. Mollie is 2 ½ years old. We are very happy and proud that she has become a special friend to all of us at Adult Care of Chester County.

## Is it Exercise or Dance? Whatever you call it, It's FUN!

On Friday August 23, the participants had the pleasure of exercising with volunteer dance and fitness instructor, Maureen Collins. Maureen recently stopped in to say hello to staff and participants that remembered her when she worked at Exton location in 2006 as a program assistant. She has been busy teaching a variety of fitness classes at local gyms and retirement communities. She was asked to lead an adapted dance demonstration that included our participants with balance concerns as well as those who enjoy more lively dance that may want to learn some new dance steps. Maureen played a variety of Spanish music showing us how to cha cha and salsa in our chairs among other dance steps with our arms, hips and legs.

Maureen has offered to come back to show our caregivers some fitness steps on 8/26 during a caregiver coffee hour. She is also scheduled to return to facilitate a strength based adapted exercises in Exton on 9/16 and in Southern Chester County on 9/18. We are glad Maureen has welcomed the opportunity to share her energy and excitement for fitness with participants at Adult Care of Chester County once again.



**50/50 Raffle tickets still available !!!!**

**Contact Jeff at 610 363-8044 or [jhimes@acofcc.org](mailto:jhimes@acofcc.org) for more**



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The energy and competitive spirit of our participants kept going throughout the month and ended with a wonderful Bowling tournament. During the month you could hear program groups practicing, then during National Bowling Week, games were held between two groups at a time. Thursday was the Tournament finals. Happy sounds could be heard from the Gathering Room as participants cheered for one another. Everyone had a great time.



## Reflections and a Look Ahead from SCCC

In August the Southern Chester County Center celebrated a few birthdays. Those August babies were Marie I, Judy E, Helen W, Jasmine S, Peter K as well as some of our own staff, Micaela Rivera and our Music Therapist, Penny Hatrick. We had a campfire week which concluded with a campfire sing along and also we had a big dance party which finished up dance week.

In addition to our regular musical entertainment of “Fridays with Penny”, we enjoyed the upbeat music of Bill and Carol Lea as well as Ed the music man and all his rockin’ songs. A special treat for everyone was “Music in the Living with Cindy.” It was Cindy’s first time to the center and certainly, we hope, it won’t be her last. The month of August concluded with another relaxing Bible study with June Hoffman.

September will be a busy month for the Southern Chester County Center. We have some birthdays coming up for Lisa Moore and Arthur Burk in addition to our staff that includes Margaret Mary and , of course, yours truly Tom Cahue. We will be celebrating National Adult Day Services week from September 16<sup>th</sup> to the 20<sup>th</sup> with the usual and loved entertainment from Bill and Carol Lea and Ed the music man, we also will have a special visit from the Friends Home Choir.

September will bring a great deal of fun and games for the clients here.

We will be playing bingo and “Parachute.” We will have a special cake for snack this month and also an open house with special music from Penny on Friday September 20<sup>th</sup>. Also, with volunteers as part of the United Way Day of Caring program, some center participants will visit Longwood Gardens. All in all we think it’s pretty safe to say that September cannot come soon enough!

In the August newsletter we reported on the puppet show but did not include a photo so here it is. The children and adults both enjoyed the show.



Marie I and Joyce celebrate!



Jasmine gets a birthday hug!



### Contributors

*Reflections from Southern Center submitted monthly by Tom Cahue.*  
*Exton Spotlight articles submitted by Pat DeHart.*

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