

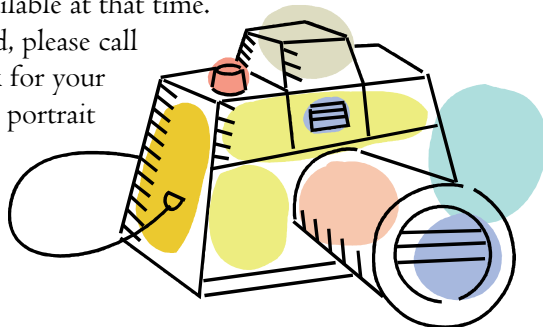
the News of Adult Care of Chester County

Care from the Heart that's State of the Art

Time to Schedule Annual Holiday Portraits

Annual holiday portraits will be taken the week of December 4th. For those who are present at the Holiday Dinner and Talent Show on Sunday, December 4th, opportunities for photos will be available at that time.

For those who do not plan to attend, please call Brittany to schedule a day that week for your loved one to have his or her holiday portrait taken. Participants normally like to dress up for their portrait and the photographs are generally taken by the Christmas tree.



Rover Visits our Centers

This month our participants enjoyed a special visit from Rover, the mascot of Rover Community Transportation, the Chester County bus system that many participants use to travel to and from the Centers. Rover's visit preceded the annual Thanksgiving Feast at both Centers and the Rover employees who visited also helped to serve the lunch. We are very thankful for the cooperation Adult Care of Chester County has always had with Rover. Rover was accompanied by Anne Taylor, Business Development Manager of Rover. Participants were given the chance to ask questions of Ann and to hang out with Rover. Thanks very much, Rover, for your kind visit to our Centers and our participants. We enjoyed this special surprise visit.



December 2011

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- Tips for Winter
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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.





Upcoming Events for Caregivers

Events at the Phoenixville Hospital Senior Resource Center

- Tues., Dec. 6th at 10am—Wellness Fun & Games with the American Cancer Society
- Tues., Dec. 6th at 1pm—Healthy (but Tasty!) Holiday Eating with Bayada
- Mon., Dec. 12th at 10am—Get Moving; Stay Active with Holly Sanborn of Keystone Rehab
- Thurs., Dec. 15th at 10am—Test Your Medical IQ (Prizes and Refreshments!)

All events held at 824 Main Street, MOB I, Suite 202, Phoenixville, PA. Contact 610-983-1773 to register for any of these free events

Holiday Scheduling Notes

Please note the following hours for the days surrounding Christmas and the New Year.

December 24: Closed (No Saturday hours)

December 26: Closed

December 31: Open

January 2: Open

Please take note of these scheduling changes and consider adding a day to the week before or after Christmas to make up any days of attendance that you may miss due to the holidays. We wish you and your family a very happy holiday season and we hope you have plenty of time to relax and enjoy spending time with your friends and family.

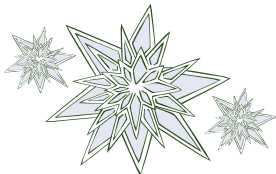
Celebration Corner

Happy Birthday this Month

Shirley D., Christine J., Larry F., Michael F., Evelyn H., Virginia H., Judi M., James O., Darnell P., Gloria S., James S., John S., and Marion W.

Welcoming New Participants

Nela B., Maria F., John S., Lucille S., John V., and Barbara W.



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 on the second and fourth Mondays. We begin at 10:30 and usually end around noon. You are welcome to come anytime and no registration is required.

Since the fourth Monday of December is the 26th, a day we are closed, there will be just one Caregiver Coffee Hour this month, on December 12th.

Call Kim at 610-363-8044 for more information or feel free to join us on the 12th. We'd love to see you there!



Basket Bingo Follow-Up

Thanks to everyone who donated to and attended our Basket Bingo event! It was a huge success, raising over \$4,000 for the programs and services of Adult Care of Chester County. We appreciate the support from all our caregivers, friends, and community sponsors. Special Thanks to TD Bank, Barclay Friends, Villa Saint Martha, Coatesville Area Senior Center, DLS Accounting Services, and Exton Senior Living.

LAST CHANCE to RSVP for the Holiday Dinner!

Our annual Holiday Dinner and Talent Show is coming up! Don't forget to send in your RSVP slip. The dinner is \$20 for each adult, and \$8 for children under age 10. If you have any questions, please feel free to call us at 610-363-8044 and ask for Penny or Brittany.

This event is always a special time. Don't miss out on the fabulous dinner we will share and the Talent Show our participants have worked so hard to prepare. Call in your RSVP today!

★ Annual Holiday ★
Dinner and ★



Winter Tips and Suggestions

Label Coats

Our closets get packed full of coats this time of year, and although we have a pretty reliable system of labeling coats in our closets, it's always helpful if participants' names are written on the garments too. Just write the name in the back on the label to be sure the right coat comes home!

Extra Set of Clothes

There are lots of reasons why we sometimes need a spare set of clothes for our participants here. If you sent extra clothes in with your participant earlier in the year, they may not be appropriate for this season. Consider sending in winter clothing—or even just an additional sweater—for us to keep for your loved one if we should need extra clothes.

Booted Up

Your loved one might wear boots this time of year to walk from the house to the bus or car. If so, think about sending an extra pair of more comfortable and perhaps lighter-weight shoes for him or her to wear once they arrive. Heavy boots may not be comfortable for all-day wear.

Feeling Sniffly? Stay Home, Please.

In our small environment, germs travel fast. It's best for everyone if participants who have cold/flu symptoms stay at home rather than coming to the Center and potentially spreading the cold to other participants and staff. Thanks for helping keep everyone healthy this winter.

Communication and Education for Caregivers

Adult Care of Chester County offers many benefits to the participants we serve, as well as to their caregivers. We are committed not only to excellent care of our participants, but also to excellent communication with caregivers. It is not uncommon for families to get a call from an ACCC nurse or the Director of Family Services as a heads-up regarding a situation that appears different than the norm. Sometimes this includes a request for an early pick up if there is a medical concern, but often it's just an informative call to keep the lines of communication open.

Our direct care staff, as well as our other professional staff, get to know the habits and personalities of our participants especially those that come more frequently or stay for a number of years. With a keen eye and skill for potential issues, our nurses are able to observe participants carefully before making a call to family. We prefer to spend a few minutes discussing observations and potential concerns with a caregiver than to hear later that there was a crisis requiring hospitalization. Caregivers can often prevent hospitalization by following up on concerns with a doctor and beginning preventive strategies when they are alerted to changes.

In addition to calls like this, and regular Care Conferences, Caregiver Coffee Hour occurs twice a month at the Exton Center (2nd and 4th Monday at 10:30) and at least bi-annual formal Caregiver Workshops are also scheduled. Many other resources are listed on our website, www.acofcc.org. Click on the tab "Resources for our Caregivers" and then the sub-tab "Helpful Links." These online resources are perhaps more adaptable to your busy schedule and are good opportunities to enhance your skills and knowledge. A few other key resources are listed below.

- www.alz.org—National Alzheimer's Association.
- www.carecrossroads.org—Alzheimer's Foundation of America website for caregivers
- www.theaftd.org—The Association for Frontal Temporal Degeneration
- www.wellspouse.org—Support Group that served spouse caregivers
- 610-384-7711—Maureen Miller at The VA Caregivers Support Program



Participant Spotlight: Ernestine Bauer



Ernestine Bauer was born 100 years ago on November 17th, 1911 in Germany. As a young girl, one of her great joys was spending time in the garden at home. When Erna was 15, her family moved to the United States and settled in Philadelphia. Her Aunt Marie, whom Erna loved to visit, had a chicken farm and a big garden in Willow Grove. Erna always looked forward to her trips to visit Aunt Marie. Erna attended the Gretz School in Philadelphia where she became interested in English and History. Erna loved caring for children and worked as a nanny.

Erna had 4 sisters and 2 brothers. When her brother Ludwig came to the States, he worked as a carpenter, then later developed his own business of building homes. When Ludwig was killed in a car accident, he left his construction business to Erna. It was difficult for a woman to take over such a business, but with determination she accepted the challenge and it was a successful adventure in her life.

At a party hosted by some friends and family, Erna met Walter Bauer. They dated for one year and then married. The couple had one child, their daughter Ilona and were married

for nearly 35 years.

Erna always loved travelling. Some of her favorite destinations included Italy, Greece, Germany, Austria, the Netherlands, Hungary, and Slovakia. In the United States, she toured the eastern coast, Wyoming, South Dakota, Utah, Tennessee, Georgia, Florida, West Virginia, and Virginia. Her creative hobbies were crocheting, crewel, needlework, and gardening.

It was a great joy for us to celebrate Erna's 100th birthday this month with her. Her daughter, Ilona, brought an ice cream cake for Social Circle, Erna's group, to enjoy. It was a very special time for Erna, her daughter, and all her friends (both staff and other participants) here at Adult Care of Chester County to spend together.

Ruth Ann Smith: Five Year Anniversary

Ruth Ann, a local to the Kennett Square area, became acquainted with Adult Care of Chester County through passing by the Southern Center on her way to other local stores. She thought it looked like a place she would enjoy, and called to ask about a job. Ruth Ann considers herself lucky because she loves working at Adult Care of Chester County. Prior to her time at Adult Care of Chester County, Ruth Ann spent 13 years caring for a gentleman with a debilitating muscle disorder in Chadds Ford. Ruth Ann loved hearing all the interesting stories this man would tell of his travels around the world. While in this position, Ruth Ann learned about speech therapy, range of motion exercises, and breathing exercises, among other things. This experience gave her a love for older people.

At Adult Care of Chester County, Ruth Ann does not think of her job as "work." Every day is different and she enjoys interacting with the participants, all of whom have become like family. "I feel close to them," she says, "and when I talk to them I just feel as though we are sitting in my home and having a nice conversation. To see them smile, laugh, dance, and enjoy themselves is truly an experience that I cannot describe. This is a very rewarding job."

When she's not at work, Ruth Ann enjoys spending time with her grown children and two grandchildren. She also loves music, most especially romantic instrumentals and oldies from the 1960's. Ruth Ann enjoys trips to nearby Longwood Gardens and vacationing at Cape May, New Jersey where she enjoys the Victorian homes. She also spends leisure time decorating cakes and stenciling. Ruth Ann is active in her church, The Episcopal Church of the Advent, and enjoys being a member of the Altar Guild. Ruth Ann feels blessed with her wonderful family, and we are certainly blessed to have her as a member of our family here at Adult Care of Chester County. Happy Five-Year Anniversary, Ruth Ann!





Southern Chester County News

This month we celebrated our Thanksgiving together here at the Center and thoroughly enjoyed it! We took the week before Thanksgiving to prepare ingredients for our homemade stuffing, pies, and more. All the participants helped by chopping up celery, breaking up bread, and preparing pie fillings. This is always a really fun activity to enjoy together and gives us all a chance to talk about our past holiday experiences.

We also took some time before Thanksgiving to decorate our Center. When the day of our Thanksgiving feast came, it was exactly what a traditional Thanksgiving should be! We had turkey, stuffing, potatoes, cranberry sauce, sweet potatoes, beans, and all the trimmings. Various pies including traditional pumpkin and apple were available and everyone chose their favorite. On the day of our feast, we also had a surprise visit from the Rover mascot, wrote a story together about a turkey, and were entertained by special guest musicians. What a wonderful day we had together!



News from the “ATF Program,” the Under-60 Program at our Southern Center

In November we celebrated nature by creating “Gorgeous Gourds,” colorful fall gourds transformed into people with bits and pieces of items collected from nature: acorns, leaves, evergreen needles, pine cones, twigs, and stones. We then took the leftovers of those same items and fashioned lovely fall wreaths that we used to decorate our program room.

During World Kindness Week, we talked about ways we can be kind to our family, friends, animals, and the Earth. Participants earned tickets for “Random Acts of Kindness” they performed throughout the week. The tickets were dropped into the “Be Kind Bucket” and a drawing was held at the end of the week. The winner received an award for showing kindness to the world we live in.

“People and Pets We Love” was a fun week because we all got better acquainted. The participants shared photos, memories, and memorabilia about those they are closest to.

With the approach of the time we celebrate the bounty in our lives, we prepared for a Thanksgiving feast by making place cards and napkin rings for the table. The meal was delicious and enjoyed by all. The staff in the Adult Training Facility (ATF) are very thankful for the daily opportunities we have to create a warm, safe, and welcoming environment for our ATF family.

Special Thanks to our Workshop Speakers

Our Annual Fall Caregiver Workshop on November 12th was a success again this year. We want to extend special thanks to our guest speakers, Ja-eun Lee from the Alzheimer’s Association, Jim Ruggiero from Ruggiero Law Offices, and Nicole Graham, “The Medicare Lady,” for their willingness to come and spend time with our caregivers. It’s great to have these guest speakers address their areas of expertise and share their wisdom with caregivers.



If you missed the Workshop, or if you were there but you’d like to learn more, or if you’d like to find out about other local education opportunities, please feel free to contact any of these speakers. They would be very happy to speak with you and answer any questions.

Alzheimer’s Association: 1-800-272-3900
Ruggiero Law Associates: 610-889-0288
Nicole Graham: 888-810-9724



AccuCheck Advantage Blood Glucometers Available

We recently received a donation from the Coatesville VA of 100 brand-new, AccuCheck Advantage Blood Glucometers still sealed in boxes. They don't include strips, but strips can be obtained with a doctor's script from your local pharmacy. If you're interested in one of these, please contact Kim or Marcia at 610-363-8044 and we can send one home with your participant. This is a great opportunity to upgrade your machine if your current one is old, or to just have a spare one on hand.



Closed: March 24th, 2012

Please note on your 2012 calendars: Adult Care of Chester County will be closed on Saturday, March 24th for the annual Spring Staff In-Service Day. This yearly training day is an important part of our staff education. If your loved one normally attends on Saturdays, please be reminded that we will not be open on March 24th. Thank you.

The Season of Giving: Some Ideas and Tips

Giving to ACCC Staff

The time of year has come again when we want to give gifts to those who matter the most to us. Many family caregivers see the holiday season as an opportunity to give gifts to the staff at Adult Care of Chester County. While we appreciate the kindness of families in this way, we ask that you abide by a few guidelines for gift-giving, if you choose to give. Please know that all general staff gifts are placed in the staff lounge for all staff to enjoy. Gifts to the staff of a particular program are kept in that program to be shared. Individual gifts are strongly discouraged, especially monetary gifts. If you'd like to send holiday cards, please contact the main office for a list of staff members and/or participants who interact regularly with your loved one.

If you'd like to show your appreciation to the staff at ACCC, one good way to do so is through a donation to the staff appreciation fund. This will allow the staff to enjoy a special lunch, dinner, or other treat. A note of appreciation is also a gift. Or you may want to make a general donation to ACCC in honor of the staff. Please remember, gifts are not necessary, each member of the care team enjoys working with the participants and families and our reward is the smile or kind word received on a daily basis.

Your Own Wish List

Are family members asking what you'd like this holiday season? You know the importance of the programs offered by Adult Care of Chester County. So why not ask your friends and family members to donate to ACCC in your or your loved one's honor? This is a great way to support Adult Care of Chester County.

As a busy caregiver, you also have come to know the significance of a day at ACCC for both your loved one and you. If Adult Care of Chester County has been important to you this year, consider asking gift-givers for a gift certificate for an extra day at the Center. This is a gift for both you and your loved one who attends. Gift certificates can be purchased for the cost of a day's care by calling Pat at 610-363-8044.

Contributors

Reflections from Southern Center submitted monthly by Ruth Ann Smith. Exton Spotlight articles submitted by Pat DeHart. All articles edited and arranged by Brittany Mountz.

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