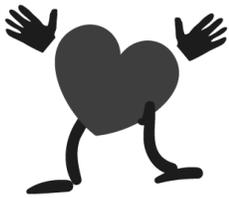


EVERYONE DESERVES A GOOD DAY

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976—FOR 42 YEARS — MORE THAN YOU IMAGINED!

www.circlecenterva.org

CAREGIVER UPDATE



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

IMPORTANT DATES IN SEPTEMBER

- Sat 9/1 & Mon 9/3** CCADS Closed for Labor Day!
- Fri 9/7** Welcome Encore Dancers
- Tues 9/11** Patriot Day! Wear Red, White, and Blue
- Wed 9/12** Circle Center Talent Show @ 11a in LAR
- Thurs 9/13&14** Karaoke Social
- Fri 9/14** Wear Your Favorite Hat Day
- Mon 9/16-22** National Adult Day Services Week
- Fri 9/21** World Alzheimer’s Day
- Mon 9/23-29** Active Aging Week
- Tues 9/25** Welcome Genworth Volunteers
- Wed 9/26** Wear Your Favorite Sweater Day

Self-Care Tips

Mind

- **Goof around for a bit.** Schedule in five minutes of “play” (non-directed activity) throughout your day.
- **Punctuate your day with meditation** with one minute of awareness of your thoughts, feelings, and sensations
- **Be selfish.** Do one thing at least once per day just because it makes you happy.

Body

- **Oxygenate by taking three deep breaths.** Breathe in deeply through your nose, and let the air out of your mouth.
- **Get down and boogie.** Put on your favorite upbeat song and dance the night away!
- **Have a good laugh.** Read a good joke book.

Soul

- **Have a self-date.** Spend an hour alone doing something that nourishes you (reading or visiting a museum or gallery, etc.)
- **Imagine you’re your best friend.** If you were, what would you tell yourself right now? Focus on the positives.
- **Exercise a signature strength.** Think about what you’re good at, and find an opportunity for it once per day.

CAREGIVER SUPPORT GROUP

Join our social workers, Jay Burkhardt and Caitlyn Patey for our monthly Caregiver Support Meeting. The group meets the last Thursday of each month from 4:30-6:00p.m. This month’s meeting will be held on **Thursday, September 28, 2018.**

Appointment and Lunch Reminders

When you schedule an appointment, please let us know as soon as possible so the Dietary Manager can make accommodations before pick up. The kitchen staff has the ability to get your loved one a meal before they leave so there is no rush.

We cannot hold lunch if a participant gets to the Center later than 1:00p.m. He/she needs to eat before coming into the program or bring their own lunch upon arrival.



Holiday Shoppe

Christmas is right around the corner! We are now collecting new and gently used items as well as gift wrapping material for our annual Holiday Shoppe. Each year we collect items and allow participants to buy gifts for \$1.00 for their family members. Volunteers wrap and label the gifts for the participant to take home. It's a fun experience for all!

The Caregiver Spouse Support Group will meet on the 1st and 3rd Monday of each month 3p-4:30p with our Social Worker Caitlyn Patey.

This month's meetings: Sept .3 & Sept .17

A Sincerest Thank You



The Circle Center Staff would like to thank our participants and families for your patience and flexibility last month while the reception area underwent a well-deserved makeover.

We hope you enjoy the new look just as much as we

SEASONAL CLOTHING REMINDER

As cool weather approaches, please make sure that your loved one has a seasonally appropriate spare set of clothes in their cubby. The cubby space is small and cannot accommodate clothing for all seasons. We will send home the summer clothing.

Please label the inside tag of coats, rain jackets, sweaters and other belongings with the participant's name. There is a labeled coat hanger for each participant, but sometimes coats fall off the hanger or participants put them down away from the closets.



TALENT SHOW

The Circle Center Singers and select participants will be performing at the CIRCLE CENTER TALENT SHOW!

It will be held in the Large Activity Room on

NATIONAL ADULT DAY SERVICES WEEK

Declared on September 27, 1983, by the former President Ronald Reagan, the third week of September is set aside to raise awareness of the availability and accessibility of adult day programs.

The National Adult Day Services Association was formed in 1979. NADSA allow caregivers the ability to rate and fully understand what adult day centers would provide for their loved ones. The Circle Center is a proud member of NADSA.



An example of how life is enhanced for family caregivers is evidenced by research by Dr. Steven Zarit. His article, "Recent Research Demonstrates Impact of Adult Day Services on Care Provider Wellness" demonstrates that family care providers showed lower stress levels on days when their family members attended adult day services. The study is one of the first to establish that interventions to lower stress on family care givers, for instance the use of adult day services, have an effect on the way the body responds to stress. Caregivers are at a higher risk of illness because of the long hours of care they provide and the high levels of stress.

These findings support that use of adult day care services may protect caregivers against the harmful effects of stress associated with caring for a person with dementia.