

**EVERYONE DESERVES A GOOD DAY**

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976—FOR 42 YEARS—MORE THAN YOU IMAGINED  
[www.circlecenterva.org](http://www.circlecenterva.org)

**CAREGIVER UPDATE**

**IMPORTANT DATES IN FEBRUARY**

- Sat 2/2** Groundhog Day
- Fri 2/8** Welcome Encore Dancers
- Wed 2/13** Being Mortal Screening/Ash Wednesday
- Thurs 2/14** Sweetheart Karaoke Monthly Social
- Fri 2/15** Wear Blue Jeans!
- Mon 2/18** Open on President’s Day
- Thurs 2/21** Wear Crazy Socks!

FEBRUARY IS  
THERAPEUTIC  
RECREATION MONTH!

**What is Recreational Therapy?**



American Therapeutic Recreation Association (ATRA) defines Recreational Therapy (RT) as “a treatment service designed to restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.”

At Circle Center, the Certified Therapeutic Recreation Specialist (CTRS) work to provide professional leadership in planning, organizing, and coordinating a variety of individualized therapeutic, recreational, and leisure groups designed to meet our participants needs.

If you would like more information about the programs your loved one is in at the Center or Recreational Therapy, feel free to stop and talk to one of our Rec Therapists!

Meet our Therapeutic Programming Team (left to right): Stephanie Beverly, Lauren Glaser, Leshia Williams (RT Student), Jen Gray, Nicholas Meads (Wellness Coordinator), Jessica Honaker (RT Student), Mary Branzelle (Program Director), Elizabeth Perkins (Memory Lane Coordinator), and Tyla Thompson (RT Student).



## MEDICAID ANNUAL REVIEW

Are you a Medicaid recipient? Do you know when your annual review date is?

This annual financial review is required in order to keep your benefits. It is a good idea to be aware of when this date is each year, which usually corresponds with the month that you were first enrolled in Medicaid.

Watch the mail closely around this time for paperwork from your local department of social services. See Jay or Caitlyn with any questions.



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: Feb 4 & Feb 18

## A Note From Nursing

If your participant is under the weather, we strongly encourage them to stay home to allow rest AND to reduce the risk of germs spreading. We want everyone to be safe and healthy this winter. Thank you!

## REMINDER FROM OUR DIETARY MANAGER



DRINK  
MORE  
WATER

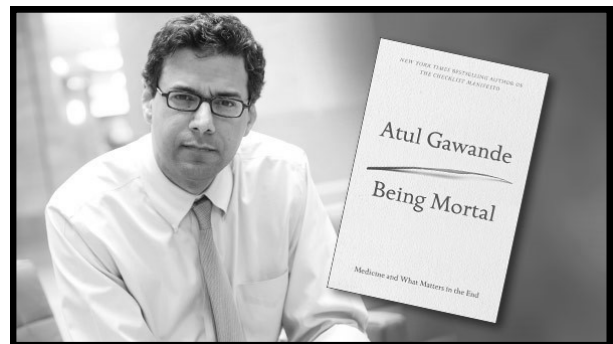
As a reminder, we keep cool pitchers of water and cups in all of the activity rooms to encourage drinking a healthy amount of water at the Center. Participants are welcome to bring a water bottle with their name labeled on it but this is not required!

Our Dietary Manager, Dawn wants to remind all of our participants and families that if you are going to bring in water bottles please make sure it is **DISHWASHER SAFE!** All water bottles are washed **EVERY DAY** in our commercial dishwasher in preparation for the next morning. We are not responsible for damage to the bottle when it is going through the dishwasher at the end of the day.

Water is always provided and hydration encouraged, with or without your own water bottle!

## BEING MORTAL

Join us on February 13 for a **FREE** screening of *PBS FRONTLINE* documentary, *Being Mortal*. It will begin promptly at 4pm at Circle Center.



Based on the best-selling book by Dr. Atul Gawande, this film explores the hopes of some patients and families facing terminal illness as well as their relationships with doctors, nurses, and family members who care for them. Come see the film for yourself and be active in the national conversation that asks ...

**“Have you and your family had these important conversations and planned ahead?”**

For more information please contact our Social Worker Jay. Thank you to the Hospice Foundation of America for hosting this wonderful event! We hope to see you there!

## A REMINDER ABOUT INCLEMENT WEATHER

We do our best to remain open during the winter season. If you are in doubt whether or not we are open, please call the Center, 804-355-5717, to hear the most current information.

The recording is updated by 6:00am. Please listen to the entire message.



During inclement weather, Circle Center MAY be open even though transportation services are not running. Please call us to let us know if your loved one will be out on a day we are open.

## 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 4:30-6:00 p.m.

This month's meeting will be held on

**Thursday, February 28, 2019.**