

EVERYONE DESERVES A GOOD DAY

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976—FOR 43 YEARS — MORE THAN YOU IMAGINED!

www.circlecenterva.org

CAREGIVER UPDATE

IMPORTANT DATES IN MARCH

<u>Fri 3/06</u>	St. James’s Day Care
<u>Sun 3/08</u>	Daylight Savings Time Begins
<u>Fri 3/13</u>	Welcome Encore Dancers!
<u>Mon 3/16</u>	Collegiate Student Volunteers
<u>Fri 3/20</u>	First Day of Spring
<u>Sat 3/21</u>	World Rocks Against Dementia Day / Wear Purple
<u>Tue 3/24</u>	Mad Hatters Tea Party with Genworth Volunteers
<u>Thu 3/26</u>	Freddie and Bob
<u>Fri 3/27</u>	St. James’s Day Care
<u>Tue 3/31</u>	Welcome Grand Tones!

Drop In Day's

Please contact the Center if you want to schedule a drop in day for your loved one. We will work with your needs for attendance based on your request but do need to confirm these days in advance. We want to ensure the best quality care for your loved one and need to plan for our attendance prior to the day of service. In case of emergency, please call the Center to let us know what you may need and how we can assist.

COMING SOON



Be on the look out for the upcoming Caregiver Survey! We send this survey annually to find out what you think about what we do here. 100% participation is our goal. Please help us by completing your survey and returning by the due date listed.

MUSIC THERAPY MONTH

Music Therapy is the use of music to reach non-musical goals. Active music making through instrument playing, singing songs, hearing tunes from childhood and dancing all activate the brain like few other activities do. All functional domains -Social, Emotional, Physical, Spiritual and Cognitive- can be addressed through tailored experiences developed

by a Board Certified Music Therapist. Meet our awesome Music Therapist Katie Carter, MT-BC! Katie enhances our programs at the Center through development of our Circle Center Choral Choir /Hand Bell Choir, and music interest programs to include Music and More, sing-a-longs and reminiscing through music based programs. Katie also works 1:1 with participants to work on individualized goals to accomplish specific targeted participant centered goals. If you have any specific needs related to music, please reach out to Katie.



Arrival and Departure Tips and Safety Guidelines

- ◇ **PLEASE DO NOT DROP YOUR LOVED ONE OFF AT THE CURB AND LET THEM COME IN ALONE.** All participants must be escorted into the lobby by their caregiver and connected with a staff member before their caregiver leaves. The risk of falling or becoming confused is too great for a participant to come in alone. Center staff cannot know what is going on outside the building and cannot be held responsible for the participant until they are in the building and acknowledged by a staff person.
- ◇ **PLEASE PARK IN THE HANDICAP SPACES IN FRONT OF THE BUILDING.** You do not need a handicap permit. This is private property and no one will be towed. If you arrive at a time that is less busy, you may park under the portico while you escort your participant inside the building. Please be mindful of parking under the portico for extended periods of time which may result in congestion in our parking lot.

GARDEN GROUP

Springtime is upon us! Here at Circle Center, we have a very active Garden Group. We can always use donations of the following bed prep items for the upcoming Spring season:

- Container of Potting Soil (Indoor/Outdoor) ex. Hyponex
- Container of Potting Mix (with fertilizer) ex. Miracle Grow
- Plants—Vegetables and Flowers

Thank you so much for supporting our Garden Club
- The Circle Center Garden Group

SAVE THE DATE!

CIRCLE CENTER ADULT DAY SERVICES Day of Giving

April 28th

Do you shop at Amazon or Kroger? The Center can benefit from each purchase you make if you link your Kroger card and Amazon account to Circle Center. Please contact Lisa if you need more information on how to do this. lpacelli@circlecenterva.org

SOCIAL WORK MONTH

Celebrated each March, National Professional Social Work Month is an opportunity for social workers across the country to turn the spotlight on the profession.

They confront some of the most challenging issues dealing with individuals, families, communities and society. They also construct solutions that help people reach their full potential.

Our amazing Social Worker, Jay Burkhardt, works diligently to make sure our participants and families are always comfortable with the care given at the Center. He coordinates participant and family psychosocial interventions such as Participant Support Group, Women's Group, Men's Group, Caregiver Spouses Group, and Caregiver Support Group. You will always find them with an inviting smile on their faces and more than willing to help you. Thank you so much!

CAREGIVER SUPPORT GROUP

Join our social worker, Jay Burkhardt 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, March 26, 2020.

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

This month's meetings:

March 2nd & March 16th