



adult
center for
enrichment

Spring/Summer 2011

AGING WELL NEWS

Adult Day Centers | Group Respite | CarePartners at Home | Caregiver Education

Caregiver Education

By Deborah Valiton-Carnish, Caregiver Support Coordinator



Have you ever found yourself driving to the store, work, or a family member's house only to arrive thinking of everything else besides the route that was taken to get there? At times we are on automatic pilot as we drive these familiar routes. Once in a while, we may experience a sudden stop in our driving pattern. In Greensboro, we frequently stop for flocks of geese that pop up and slowly walk across the road as traffic comes to a sudden stop.

Not to long ago, our feathered friends halted the traffic pattern on a nearby busy street for Gary. Gary was traveling back home after a long doctor's visit for his wife, Ruth, whom he cares for daily. His frustration with the long day and his life situation weighed on him heavy. However, according to Gary, life's struggles that day seemed to dissipate while observing the geese slowly waddle across the road. Those in the nearby cars seemed to smile while offering glances to Gary, Ruth and to one another as if to say "well at least we are all in this together".

This served as a gentle reminder to Gary that sometimes in life we are traveling along on auto pilot and then a crisis comes our way causing us to slow down and sometimes, even stop and wait. These times can be frustrating, and not easy. However, it can be comforting to remember, just as one vehicle is stopped for passing geese, many others are stopped as well, and there is a sort of camaraderie among one another as the waiting occurs.

During times of crisis, many people may find comfort and grace in the presence of others who are facing a similar situation. ACE invites all caregivers to join a monthly support group or attend an education session where other caregivers are present to both share and receive from one another's stories. It may be a great place to sit together and find support during challenging times.

If you would like more information about support groups or other educational sessions offered by the Adult Center for Enrichment, please contact 274-3559 and visit our website at www.ACEcare.org.

Caregiver Education & Support Opportunities

2 Monthly Support Groups

- 1.) 2nd Tues of each month 12:30pm-2pm, First Baptist Church,
1000 W. Friendly Ave., Greensboro, 27401
- 2.) 1st Wed of each month 1pm-2:30pm, Pennybyrn at Maryfield,
109 Penny Rd. High Point, NC 27265

Please let us know if you need care for your loved one as respite can be provided with prior arrangements.

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PO Box 13048 GREENSBORO, NC 27415 | (336) 274-3559 | WWW.ACECARE.ORG

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*Newsletter
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The Ann K. Umstead Employee Spirit Award.

Carmen Richardson displays compassion, diligence, and creativity in the work environment on a daily basis. Carmen prioritizes the needs of participants and cares for their personal needs while maintaining each individual's dignity. Carmen enters the Center each day with a smile on her face, maintains a standard of excellence throughout the day, and sincerely and lovingly cares for the participants. We are very proud to have Carmen on our team! Congratulations Carmen for winning the Ann K. Umstead Employee Spirit Award!



The Gayle R. Faucette Award

Gwen has been employed for over 5 years as the Assistant Program Director at ACE at River Landing. During her time at River Landing, Gwen has had as her primary goal to develop the best and most comprehensive activity program possible. Last year, due to her efforts, River Landing won the Marcella Davis Kelly award for excellence in programming. Gwen sets her sights high and always looks for ways to improve our programs. Part of her motivation is a great respect for the well-being of our participants. She is always viewing what we do through the lens of Person Centered Care Principles. Thanks Gwen and congratulations on winning the Gayle R. Faucette Award.



ATTENTION!!

In an effort to “go green” and reduce costs, we are reducing the number of print newsletters sent per year and incorporating e-newsletters into our communication strategy. Please call or email us with your email address so we can continue to share ACE happenings with you, (336) 274-3559 or mneely@ACEcare.org.

To Learn More About The Adult Center for Enrichment Visit
www.ACEcare.org

2011 "Save A Place for ACE" Breakfast Judy West, Director of Business & Development

The Adult Center for Enrichment wants to thank everyone who participated in making the 10th annual "Save A Place for ACE" breakfast such a success. Your generosity helped ACE raise close to \$40,000. What a wonderful show of support from our community.



Family caregiver Robin Daye shares positive ACE experience.

There were over 400 people in attendance. The highlight of the event was listening to Robin Daye share her experiences caring for her mother who has Alzheimer's disease. Robin beautifully captured all the different emotions of caregiving. She spoke of the sadness that comes with seeing someone you love decline and the unexpected moments of joy and celebration that she and her mother have shared on this journey. As Robin spoke, it was apparent that she was touching the hearts of those who listened. ACE would like to thank Robin for being willing to so poignantly share her story with each of us.



Thank You 2011 Table Captains We Appreciate All You Do!

Every year the number of people in our community who attend, sponsor or contribute to the breakfast grows. The commitment and generosity of those who live in Guilford County makes us glad to be part of this community. If the families we serve had the opportunity to tell each of you what this means, I know they would say thank you for your continued support of their journey.

Special Thanks to This Years Sponsors

Platinum Sponsors

*Guilford Medical - Dental Managers Association
Moses Cone Health System
Well-Spring Retirement Community*

Gold Sponsor

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Senior Living Resource Magazine
The Elderlaw Firm*

We are looking for the following:

- Someone to paint fingernails
- Help prepare and serve lunch
- Listen to the participants stories
- Sing songs
- Facilitate games and activities
- Help complete puzzles
- Read a book
- Assist with crafts
- Simply be a friend

The Adult Center is in **NEED** of some volunteers to brighten the days of our participants.

**Next Volunteer Orientation is
July 19th, 2011. Call for more info!**

**To Learn More About How You Can Volunteer With ACE
Contact Marketta Williams at (336)274-3559 or mwilliams@ACEcare.org**



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The Highlights by Chip Cromartie

Reduction In Paper Mailing for Newsletter *(send us your e-mail address)*

We are reducing the number of paper newsletters we mail via U.S. post to lower the amount of paper required, thereby reducing our overall costs and the newsletter’s environmental impact. We are not eliminating the paper newsletter completely, we are simply reducing the number of times per year we mail it out. To supplement the reduction in print newsletters, ACE will begin sending them via e-mail. Therefore, I encourage you to send Mackie Neely, Administrative Assistant your e-mail address via mneely@ACEcare.org.

Participant and Family Advocate Retires

Our friend and ACE employee Jim Ingram retired on May 31, 2011. Jim started with ACE in early 2002 as a Respite Director and was quickly promoted to ACE at River Landing Program Director in September 2003. Through his leadership the program grew from 1,616 days of care in 2003-04 to 8,565 in 2009-10, a 430% increase. As Program Director, Jim was most known for being a tireless advocate and champion for the participants, families and staff. Fortunately for us Jim will continue as “call-in” staff between his fun adventures.



Jim Ingram is “roasted” by staff

ACE Recognized

The University of North Carolina at Greensboro’s Gerontology Program recognized the staff and leadership of the Adult Center for Enrichment in April 2011 for outstanding mentoring of emerging professionals in aging. ACE won this award for its work with the Gerontology Program’s Graduate Student Interns. Not only do the students benefit, but ACE’s participants and families as well as the staff are enriched and inspired by their enthusiasm and dedicated hard work.