



AGING WELL NEWS

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Fall 2009

Caregiver Corner Deborah Valiton-Carnish



Have you ever considered the act of generosity? We hear about it throughout society and if we really stopped to consider, most have been on the receiving end of it at some point in life. The last few months, the Adult Center for Enrichment has experienced tremendous generosity from our community as you can read throughout this newsletter. Pondering this generosity, I considered how the act of being generous connects with caregiving.

As a caregiver, generosity toward loved ones is offered on a day to day basis in ways such as watching out for their safety, scheduling doctor's appointments and offering the basic care they need. Does one ever stop to consider this as generosity? Webster's Dictionary defines generosity as "the quality of being generous, liberal in giving". Most Caregivers I encounter are definitely "liberal in giving". Often the thought of being generous is equated with "being nice". However, generosity comes in many different shapes and sizes. Consider all that is done each day, it may not always *feel* nice, but indeed... it is generous.

At ACE we honor all that Caregivers do by offering free education events throughout the year along with our monthly support group. Please feel free to join us anytime. We encourage Caregivers to receive some of the generosity they so freely give.

Caregiver Education & Support Opportunities

Many people are actively caring for a loved one who has chronic illness. ACE offers training and support to help caregivers provide this care. Here are upcoming events:

- "Caregiver Camp" Nov 11th, 9am-2pm
- "Coping with the Holidays" Nov 17th. 11:30am-1:00pm
- Caregiver support group meets the second Tuesday of each month from 12:30pm-2:00pm.

To learn more about ACE offerings contact

Deborah Valiton-Carnish at 274-3559 or dcarnish@acecare.org



Each Day a New Beginning

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2009 Senior Prom

Anita Brock-Carter and Rhonda Draper

Guests arrived by car, van, bus and even limousine for the 2009 annual Adult Center for Enrichment “Senior” Prom on Friday, September 25th. Participants were pampered all day by volunteers Trish Hardison, Allison Moore and Ruth Edwards from Mary Kay Cosmetics and Leon’s Beauty School. This is a much anticipated day for all participants, families, staff and volunteers.

Upon arriving at First Presbyterian Church, the guests entered the fellowship hall to be dazzled by the sights of a beautiful fiesta. Everyone enjoyed a delicious, lavish spread of Mexican hors d’oeuvre and danced all afternoon to tunes from across the ages. The dancing stopped only long enough to hear announcements of winners of various competitions. There were prizes awarded for the best dancer, most birthdays celebrated and the participant who had the most family members present, just to name a few. The crowning event of the afternoon, pun intended, was the naming of the 2009 King and Queen of the prom. **The 2009 Senior Prom King was John from ACE at Caldwell and the Queen was Hazel from ACE at River Landing! CONGRATULATIONS!!**

The Adult Center for Enrichment always depends on the generosity of our community members and the prom is no exception. Special thanks go to corporate sponsors Syngenta, Pfizer, Forman, Rossabi & Black, Morningview Assisted Living and Carriage House Assisted Living. In addition to being sponsors, there were amazing employees from both Syngenta and Pfizer who gave of their time, talent and heart to make this event successful. There were also many volunteers from Northwestern Mutual Financial Network, Phi Sigma Pi National Honor Fraternity from UNCG, Girl Scout Troop 692 and the community at large. Many other organizations and individuals who donated their time and services include Aimee Rotruck, ALSOCO, Bowen Photo & Video, Debbie Landreth, Executive Coach Limo, First Presbyterian Church, Machine & Welding Supply, Pierce Jefferson Funeral Services, Brixx Pizza, Carousel Luxury Cinemas, Carrabba’s Italian Grill, Chakras Day Spa, Community Theater of Greensboro, Fresh Market, Golden Corral, Jewel Day Spa, Maxie B’s, Olive Garden and Triad Stage.

As one caregiver so aptly observed, “it must have taken an army of people to have pulled it off so smoothly.” She was so right and thanks to this army, a wonderful time was had by all.



Dancing at the Fiesta!!

**To Learn More About How You Can Volunteer With ACE
Contact Cindy Westmoreland at 336-274-3559**



Jim Ingram and
Martha Brewer

ACE at River Landing Dedicates Awning Jim Ingram, Program Director

On August 17, 2009, ACE at River Landing held a dedication ceremony for the new awning recently installed over the front entrance.

The idea for the awning came out of a conversation between Martha Brewer and the RL staff. Martha's husband, Dr. James Brewer, had been a long time participant. Martha was visiting and shared her desire to offer something meaningful to the center in Dr. Brewer's memory. It was raining the day she visited and the usefulness of a front entrance cover came up. After further discussion, The Brewer family provided a significant contribution, and influenced other to contribute. Board members from ACE got involved, plans were submitted, quotes were requested and now we have a beautiful awning from the front door to the street.

On the appointed day, the Brewer family, Martha and children, were present to accept the appreciation of the ACE staff, board and participants. After words of welcome, Jim Ingram, Program Director, presented Martha with a framed picture of Dr. Brewer with the Grey Tones Barbershop Quartet, of which he had been a member. In addition, a plaque in Dr. Brewer's honor was placed near the front entrance.

The Barbershop Quartet shared several songs in Doc's honor, bringing great pleasure to the family. During the social and refreshment period after the presentations, friends in attendance, staff, and visiting board members enjoyed each others company and mingled with our participants. It was a great day.

ACE at Muirs Chapel Has a New Home Anita Brock-Carter, Director of Caregiver Services

On September 10th, thanks to the generosity of Muirs Chapel United Methodist Church, the ACE at Muirs Chapel Group Respite Program moved into the newly remodeled church parsonage. In celebration of this momentous occasion, participants, family members, volunteers, board members as well as members of the church and the community came together at an open house on Monday, September 14, 2009.

The Adult Center for Enrichment and Muirs Chapel have been in partnership to provide group respite since 1997, with Muirs Chapel providing space and support and ACE providing the program. The group respite program offers a four hour break each Monday and Thursday for those who are providing care for a friend or loved one who is impaired or requires supervision. The person who attends the program has the opportunity to experience a variety of activities with friends in a secure and supportive setting. If you are interested in your loved one attending the group respite program, please contact Anita Brock-Carter at (336) 274-3559.



Muirs Chapel Open
House Celebration



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Adult Center for Enrichment Receives Top Honors at North Carolina Adult Day Services Association's Conference Chip Cromartie, Executive Director

On September 19, 2009 the North Carolina Adult Day Services Association (NCADSA) honored the Adult Center for Enrichment with the 2009 Marcella Davis Kelly Award at its annual conference and awards banquet held in Greensboro, NC. The award is the NCADSA's highest honor, presented for notable achievement and excellence in overall activity programming. The Adult Center for Enrichment at River Landing was chosen as the winner by having the highest average score for a series of activities. ACE is the only adult day services provider in NC to have received this award a total of five times since its inception.

In addition to winning the Marcella Davis Kelly Award, three Adult Center for Enrichment employees received "Hero Awards." Hero awards are given to adult day service provider employees that go above and beyond in their work. Nominees were evaluated on their impact on participants/families, innovation/resourcefulness, staff support, dedication/commitment, and impact on program.

Hero Award Recipients

Margaret Blackwell, Activities Assistant, ACE at Caldwell House
Gwen Flowers, Assistant Program Director, ACE at River Landing
Mary "Kay" Smith, Health Coordinator, ACE at Bardolph

We know that our programs are only as good as the staff that provide compassionate, quality care on a daily basis. This quality staff combined with award winning activity programming makes the Adult Center for Enrichment a unique agency that provides the highest quality of care for frail and impaired adults and their families.