



adult
center for
enrichment

AGING WELL NEWS

Winter 2009

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

Caregiver Corner Deborah Valiton-Carnish



Recently, the Adult Center for Enrichment caregiver education program held a 6 week educational session which focused on different issues caregivers may face as they care for their loved one. Each week a group of caregivers with diverse situations gathered together to share and learn with one another. One woman, caring for her husband, shared she was offered a nice get away vacation with her daughters. It would only be for a few days and they arranged for the couple's son to stay with her husband so she could enjoy herself and have some much needed time away. While she was sharing, it became clear her decision to go was not easy, she was very reluctant to leave her husband even for a few days and expressed her feelings openly.

One of the other caregivers in the group spoke up and shared her story revealing she is a long distance caregiver for her mother. She communicated with the group that recently she was given the privilege to spend time with her ailing mother while her sister, her mom's primary caregiver, went out of town for a few days. Her perspective revealed the importance for family members to be offered the opportunity to share special moments with their loved ones. Special moments within a family can arise when caregivers take time for themselves and offer other family members a chance to serve in their place.

It was a beautiful time of spontaneous sharing which created a safe atmosphere where diverse viewpoints assisted the reluctant caregiver to make a decision for herself and go on vacation. The result as reported when the caregiver returned was her son and husband had a special time together and she stated, "all went well while I was away, I am so glad I went, I had a wonderful time".

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:

- **"When Realities Collide"** special guest speaker from the Alzheimer's Association, Jan. 19th, 10:00am-12:00pm, Temple Emanuel, Greensboro.
- **"The Elder Care Journey"** special guest speaker Dennis Toman, Feb. 11th, 10:30am - 12:00pm, Greensboro Public Library, downtown branch.
- **Caregiver support group** meets the second Tuesday of each month from 12:30pm-2:00pm, First Baptist Church, W. Friendly Ave, Greensboro.

To learn more about ACE offerings contact

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



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2009 Volunteer Appreciation Event

Cindy Westmoreland, Volunteer Coordinator



Volunteer Banquet

On Tuesday, November 17th, the Adult Center for Enrichment volunteers were recognized at the annual Volunteer Appreciation event held at First Lutheran Church in Greensboro. Participants enjoyed great food and entertainment. Music was provided by members of the Greensboro Barbershop Quartet.

This year's distinguished "Volunteers of the Year" winners are: **Flame and Ember - ACE at Bardolph Center Volunteer of the Year**

Ember, one of our beloved pets, is part of the dynamic duo of Flame and Ember from the Greensboro Fire Prevention Department. Flame (*Captain Mitzi Rice*) and Ember faithfully come to ACE at Bardolph to educate and entertain the participants with gentle encouragement.

Kim Harrison - Group Respite Volunteer of the Year

Kim is a fantastic singer and goes to many of our ACE locations once a month and performs for us. Kim offers beautiful melodies and our participants love her visits.

Gini Moore - ACE at River Landing Volunteer of the Year

Every Tuesday and Thursday afternoon, Gini Moore goes to ACE at River Landing. She gives one-on-one attention to the participants, having a "knack" for finding ways to include everyone.

Mildred Tucker - ACE at Caldwell House Volunteer of the Year

Mildred volunteers with ACE at Caldwell House. The greatest gift Mildred gives us is her enthusiasm, joy and love of life. Mildred currently is the longest serving volunteer at ACE.

Shirely Overdiep - CarePartners at Home Volunteer of the Year

Shirley is the kind of person that is there for you offering a kind smile and gentle presence. She has been volunteering with the CarePartners at Home program for several years.

Bill Mitchell - Adult Center for Enrichment's Agency Volunteer of the Year

Bill volunteers in several capacities at ACE including CarePartners at Home and the Group Respite programs. Bill's presence is not only valuable to the participants, but to staff and families alike. He has a calm and loving presence that always makes our days better. Congratulations Bill!



Barbershop Quartet



Mildred Tucker, Bill Mitchell and Shirley Overdiep

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



Participants at Ace
at Caldwell

ACE at Caldwell House engages in LifeVerse program **Michael Gore, Program Director**

Ace At Caldwell House has, for the past five weeks, received a visit from Jill Wagner, a volunteer for The Greensboro Public Library's LifeVerse program. LifeVerse volunteers are trained to assist older adults through the process of writing poems. Jill began each session by first reading a few poems that expressed the theme for that particular session. She did a wonderful job of encouraging our participants to share their thoughts about the poem, how it made them feel or what they thought it might mean.

Jill then asked participants what they might write if they were to compose a poem around the same theme. Jill was able, through encouragement and laughter, to get everyone involved in the process of creating a poem that was wonderful and unique, expressing the life experiences of our participants and providing a sense of surprise that they could create such beautiful poetry. Everyone enjoyed the process of producing the following poem:

Where is Comfort?

Sleeping, chocolate, being relaxed and resting,
At the mountains or the beach, at home in my chair.
In my bedroom, playing a video game, watching a game.
Or watering the garden, sitting outside, feeling the breeze or mowing the grass.
Being in town around here, relaxing at home in bed and looking at TV.
Sitting under a shady tree and shooting bull,
Spending time with family.

Community Resource Connections comes to Guilford County **Lorrie Z. Roth**



The NC Community Resource Connections for Aging and Disabilities, now simply called CRC, is a statewide initiative to create a coordinated system of access to information for all people seeking long-term support and services. As a part of this initiative the Piedmont Triad CRC was created as our regional coordinated system. This will not be a physical location, but a network of organizations. The three lead partners are Guilford County DSS, Joy A. Shabazz Center for Independent Living and Senior Resources of Guilford. A number of other organizations will collaborate with the CRC to form the network that will enable seamless access for consumers into a system of support. This has come to be known as the "no wrong door" approach. Essentially, once the CRC is fully functioning, consumers will be able to call any of the organizations within the CRC network and be linked to this support system, streamlining access to care.

There are three main functions of the Piedmont Triad CRC: 1) increase awareness and information about long-term service and support options; 2) enhanced assistance to connect consumers with support options; and 3) stream line access to services. There will also be availability of web-based databases, decision support tools, information exchange and standard software across the CRC partners and network. The hope is that Guilford County will not just be a great place to live in, but a great place to grow older in as well. For more information on the CRC, contact Lorrie Roth at 336-641-4680.

To learn more about the Adult Center for Enrichment visit
www.ACEcare.org



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A YEAR IN REVIEW *by Ellen T. Atkins, Board President and Chip Cromartie, Executive Director*

It should surprise no one in our community that this year the Adult Center for Enrichment continued to see increasing demand and opportunity for growth in our adult day centers, group respite sites, our CarePartners at Home Program, and an ever increasing need for quality caregiver education. This year, just as in years past, the family of ACE has risen to its challenges.

ACE provided a record number of days of service again this year with an overall increase of 27% over the last three years. In order to increase our service capacity, we have continued to expand our existing relationships and pursue new partnerships with community organizations, local businesses, and places of worship. As an example, this year our ACE at Muir's Chapel United Methodist Church's group respite program transitioned into a beautiful and much larger new space which enabled us to enroll additional participants.

Also this year, in partnership with The Guilford Center, ACE began serving more aging adults with developmental disabilities. The training and new techniques we have implemented for serving adults with developmental disabilities has improved the quality of services for all of our participants as it raised the bar on our skills and our abilities.

In an effort to strengthen our CarePartners at Home program this year, ACE implemented a Support Team Initiative. This has given ACE an innovative, 'Best Practices' approach to volunteer recruitment and meets more of the identified needs of our community's frail and impaired adults and their caregivers. In addition, ACE's Caregiver Education program has brought its primary focus back to more intimate caregiver workshops and support groups.

We are ever grateful to our staff, our volunteers, our donors and all of our friends who have not only sustained us but made our growth possible. You are the reason that our agency continues to blossom. We thank you and more importantly, our participants and their families thank you.