



CAREGIVER UPDATE

February 2014

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976—FOR 37 YEARS MORE THAN YOU IMAGINED!

SUPPORT OUR INSIDE YARD SALE FEBRUARY 22, 2104 8 am—2 pm

Come in out of the rain or snow! Find new treasures and support our participants and programs. We'll be in the space next door to the Center.



Donations accepted January 26 - February 21, 2014. Deliver to:

Circle Center Adult Day Services
 4900 West Marshall Street
 Richmond, VA 23230
 Monday - Friday 8:00 am - 4:30 pm
 Saturday 10:00 am - 1:00 pm

Electric and electronic items must work. Donation forms available for your tax purposes. No adult clothing, shoes, TV's or large furniture, thanks! Children's clothing is welcome.

Volunteers are needed to sort and set up before and during the day of the sale, clean up after the sale and deliver left over items to Goodwill Industries. Please call Holly (804) 355-5717 or email thecenter@circlecenterads.org.

Limited number of **tables** (approximately 6'x2') for rent (crafters, artists, jewelry makers, collectors, etc.) @ \$30 each. Mail or drop off your check (address above). Vendors make their own sales. Donations are welcome. Reserve now at thecenter@circlecenterads.org. No food sales, please!

Information: Call Holly Thornton (804) 355-5717 or email thecenter@circlecenterads.org. Download our flyer with details from our website.

CAREGIVER TIPS & REFERENCES

See our video ad on www.nbc12.com

Senior Connections (Area Agency on Aging)

<http://www.seniorconnections-va.org/>

Seniornavigator

<http://www.seniornavigator.org>

Alzheimer's Association of Greater Richmond

<http://www.alz.org/grva/>

PADRECC

<http://www.parkinsons.va.gov/richmond/>

Parkinson's Disease Caregiver Information

<http://www.myparkinsons.org/>

EmployedCaregivers.org

<http://www.seniornavigator.org/>
www.employedcaregivers.org/index.php

National Caregivers Library

<http://www.richmond.caregiverslibrary.org/>

Caregiver's Reading List

<http://www.vda.virginia.gov/pdfdocs/Caregiver%20Bibliography.pdf>

A list of resource materials developed by the National Family Caregivers Association

Tips for Avoiding Caregiver Burnout & Other Resources

http://www.circlecenterads.info/resources/tipsheet_caregiver.pdf

The Family Caregiver

<http://www.thefamilycaregiver.org>

Care Diary

<http://networkedblogs.com>

Next Step in Care (caregivers & healthcare professional)

<http://www.nextstepincare.org/>

National Family Caregivers Association

[Www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

SPECIAL DAYS

Thursday, Feb 7	Wear Red Day
Mon-Fri, Feb 10-14	Collegiate Ninth Grade Volunteers
Wednesday, Feb 12	Circle Center & Bremo Pharmacy "Exercise Tips" Lunch & Learn 12-1 pm
Thursday, Feb 13	Crazy Socks Day
Friday, Feb 14	Wear Red for Valentine's Day
Monday, Feb 17	Presidents Day WE ARE OPEN
Tuesday, Feb 18	Wear Your Pajamas Day
Wednesday, Feb 26	Wear Your Blue Jeans Day
Friday, Feb 28	Now and Then Dancers 3 pm February Social

CHECKS

Please be sure the participant's name is in the memo section of checks you send to the Center.

REMINDER: ABSENCES

Please give us at least two weeks notice if you know your participant will be absent for an appointment, vacation or other reason. We must pay for lunches even if you are not here, wasting hundreds of dollars each month if we do not cancel

DROPPING OFF PARTICIPANTS

Please remember to park facing the building. Do not transfer participants over the island by the canopy in front. The risk of falls is huge!

REMINDER: EMERGENCY CONTACTS

Please keep your emergency contacts and all phone numbers up to date here. In an emergency we need to be able to reach your participant's responsible family members. If you routinely screen your calls, check your voice mail often.

CLOSING TIME

REMINDER: We close at 5:30 p.m. Please call us if you are going to be late so your participant and the staff don't worry. Late fees apply to late pickups.

MEDICATION UPDATES

Please notify the nurse as soon as there is any change to your loved one's medications, including over the counter medicines and supplements, even if the medication is not taken here. Don't forget to inform us of your vacation plans and update your emergency contacts!