

November 2023

# Generations Crossing

Adult Day Services Newsletter | generationscrossing.com | 540.434.4901



## Upcoming Activities:

November 1<sup>st</sup>  
Dia de los Muertos

November 2<sup>nd</sup>  
Mushroom Magnets

November 8<sup>th</sup> & 22<sup>nd</sup>  
Piano with Ramona

November 9<sup>th</sup>  
Making Peanut Butter

November 13<sup>th</sup>  
World Kindness Day

November 17<sup>th</sup>  
Flint Corn Craft

November 20<sup>th</sup>  
Pumpkin Pie Parfaits

November 21<sup>st</sup>  
Turkey Day

November 23<sup>rd</sup> & 24<sup>th</sup>  
CLOSED

November 29<sup>th</sup>  
Decorating for Christmas

November 30<sup>th</sup>  
Mousse Day- Making  
Brazilian Mousse

## Caregiver's OPEN HOUSE for Adult Day Care Families

We would like to encourage families to stop by our facility on:

**Sunday, November 4<sup>th</sup>  
2pm-4pm**

Generations Crossing uses a program called **PROCARE**. This program allows us to optimize daily communications with caregivers.

The **PROCARE** App is free for our families to download and use on their phones or tablets for their convenience. All parents use this App in our childcare program and it has been a success! Our staff would like to help set-up this program for our adult caregivers during the **OPEN HOUSE**.

Features of this App allow staff to easily communicate to caregivers about participant's daily activities, input/output (meals/toileting), moods, observations, incidents, photos, updates, reminders, and more. With **PROCARE** be the first to know about inclement weather delays and closing. Caregivers can also communicate with staff when needed by sending "Drop Off Notes."

Please join us for refreshments, PROCARE tutorials, and Meet & Greet with our Adult Program Coordinator and Executive Director!

## Dementia Support for Families:

### Walking Is a Great Step

Alzheimer's disease and other forms of dementia can affect people's balance and mobility. Difficulty misjudging depth, like the height of a curb, can leave people fearful of walking, even if they're physically fit.

Most people with memory loss can and do want to walk. Like anyone, physical exercise and being outdoors are uplifting and might lead to a better appetite or sleep. Walking is a great way for families, volunteers, and staff members to spend time with someone or get to know them better.

Sometimes talking or being in silence feels more natural when you're moving and observing the scenery. Of course, prepare for walks first, checking to see if the person needs to use the bathroom and has appropriate clothes and shoes for the weather. Here are other tips to help you put your "best foot forward."

**Get ready:** Carry a fanny pack or small backpack with necessities, like keys, water, an extra sweater, and a phone. Ensure the person you're walking with has anything they need, such as glasses, hearing aids, or a walking aid.

**Think about the path:** Try to choose a route that doesn't require crossing major streets or walking where there are no sidewalks. Walking by a playground or park is usually welcome.

## Inclement Weather

Just a friendly reminder:  
Winter is approaching soon!

In the case of snow or other inclement weather conditions, please be sure to confirm that we are open before arriving or arranging transportation for your Adult Participant.

Caregivers signed-up with the **PROCARE App** will receive direct notifications to their phone. Ask our staff how to get sign-up for this free service.

Caregivers can also check for closures through:

--**Generations Crossing Facebook Page**

--**WHSV Website**

--**Calling the Center and Listening to the Voicemail (540.434.4901)**

**Pace yourself:** Don't worry about what speed you're walking. Take time to notice trees, people you encounter, etc.

**Be observant:** Look for signs that the person you're walking with is getting more unsteady, tired, or distressed. Walking a familiar route and for a short time is wise. Remember that curbs and cracks in the sidewalk can present hazards.

**Ask for help:** Ask the person you are walking with to hold your arm so you can both stay steady on a bumpy path. If you become worried that the person could fall, find a spot to sit down and call someone to pick you up or assist.

## October & Spirit Week Festivities



## Intergenerational Friendships



## Conference



Our staff represented GC at the 2023 Confident Caregivers Conference. Thank you VPAS for having us. This conference is held annually and provides community resources and education for caregivers



3765 Taylor Springs Lane  
Harrisonburg, Virginia 22801  
540.434.4901

Postage  
Information

## REMINDER!

Generations Crossing is **CLOSED**  
following days for Thanksgiving holiday:

**Thursday, November 23<sup>rd</sup>**  
**and Friday, November 24<sup>th</sup>**

There will not be any programs or services on  
these days. The office will also be closed.

Our Staff would like to wish everyone a wonderful  
Thanksgiving full of gratitude and fun!



## Generations Crossing Staff

### Adult Program

Charon Wood  
Adult Program Coordinator

Jeanne Troyer  
Nurse Coordinator

### Administrative

Laurie Deavers  
Executive Director

DeAnna Diehl  
Administrative Coordinator

### Childcare Program

Leigh Ann Kiracofe  
Assistant Director