

HEALTH TIPS

WHAT YOU CAN DO AS A CAREGIVER

Dementia

Taking care of individuals with dementia is a hard task. Here is what you can do to help:

- Create a daily routine by waking up, bathing, dressing, eating and going to bed at the same time each day.
- Always address the individual by their name and make good eye contact
- Use Velcro closures on clothing and shoes. They are easier than buttons and zippers.
- Create a safe and supportive home. Limit access to dangerous places. Have an even level of light in hallways and rooms. Use night-lights.
- Try to keep the individual from falling and getting hurt. Install grab bars and non-skid strips in the bathroom and shower
- Have a list of emergency phone numbers posted near the phone.
- Take a break and take time for yourself! Schedule a FREE trial visit at the Ruby Pardue Blackburn Adult Day Health Care Center to experience how we can help you and your loved one!

Board of Directors:

William F. Brooks, President
Wayne Myers, Vice-President
Brian Pierce, Secretary
Dick Johnston, Treasurer
Bebe Anderson Hennessy, Past President
Shelmer Blackburn, Jr.
Bob Boettger
Ted Hall

Jenny Richardson
Larry Smith
Walter McSwain

Advisory Committee:

Ann Absher, Co-Chair
Beth Lovette, Co-Chair
Dana Blevins
Brenda Reece
Lanie McElwee
Janet Morrison
Martha Eller
Clara Hickman
Pam Howard
Joyce Johnson
Pam Lenderman
Tammy Call
Danna Rizotti
Dare Stromer



PRSR STD
U.S. POSTAGE
PAID
N.WILKESBORO NC
PERMIT NO. 30

Staff:

Kim Bridgeman, Executive Director
Sandra Ellis, Program Director
Jennifer Snider, Office Manager
Gladys Roberts, Healthcare Coordinator
Stephanie Stanley, Program Assistant
Carl Younce, Program Assistant



The Ruby Pardue Blackburn
Adult Day Care

1915 West Park Dr. Suite 200, P.O.Box 984
N.Wilkesboro, NC 28659
Monday-Friday 6:00am to 6:00pm
www.wilkesadultdaycare.org
(336) 667-2541

It's the most wonderful time of the year...

Christmas
is a great time
to tell you
that you
mean a lot to us
and we wish
you peace, love
& happiness
during this
holiday season!



*We wish you a Merry Christmas &
Happy New Year from all of us at the
Ruby Pardue Blackburn Adult Day
Health Care Center.*

A gift to The Ruby Pardue Blackburn Adult Day Care Center is a meaningful way to honor or memorialize your loved one, celebrate the birth of a child or simply show your appreciation for the outstanding service we provide. All gifts help support our efforts to provide quality adult day care in our community which touches the lives of many people right here in our community.

In Memory

Joe Maier by

Robert & Judy Erhardt
Wayne & Kathy Myers

Mildred Brooks by Barry & Linda Elledge

H. D. Caudill by

Wayne & Kathy Myers
H. Lester & Gail Morris

Harry Myers by

Wayne & Kathy Myers
H. Lester & Gail Morris

Cycle Carpenter by Wayne & Kathy Myers

Joy Cooke by Wayne & Kathy Myers

Cameron Finley by Wayne & Kathy Myers

Lester Glass by

Enon Baptist Church Believer Sunday School Class

Troy Huskey by

Chuck & Pauletta Parker
Jerry & Teresa Huskey
Pat Shores
Mr. & Mrs. Eddie Pendry
Betty Hicks at Hicks Travel Agency
Mr. & Mrs. Alan & Deborah Jordan
Dr. & Mrs. Charles Bentley
Mr. & Mrs. Henry & Nelta Church

Yale Miller by David & Cathy Freeman

Max Freeman by David & Cathy Freeman

Rosanne D. Bangasser by Bebe Anderson Hennessy

Nilise D. Vidrine by Bebe Anderson Hennessy

Patrons of the Center

The Leonard G. Herring Foundation
Carl & Peggy Swofford

Sponsors of the Center

Susan Whittington

Friends of the Center

Randy Hayes
Calvary Baptist Church
Cameron Brown
Wayne & Kathy Myers

Supporters of the Center

Paul Holbrook
Paul Anderson
Carolyn Gwyn Bell
Alan Absher
Friendly Grove Baptist Church
Moravian Falls Baptist Church

In Honor

James "Jeff" Brown by Mary Beshears

Sandra Ellis by Karen Stone

Kathleen Myers by H. Lester & Gail Morris

Ferne Caudill by H. Lester & Gail Morris

Wayne & Kathy Myers, John Myers by Robert & Judy Erhardt

Ryan & Carrie Holbrook by Robert & Judy Erhardt

Kathy Myers by Jewell Bumgarner

Lynne Melton by Kathy Myers

Rev. Betsy Caudill by Kathy Myers

Jean Melton by Kathy Myers

Suzanne Williams by Kathy Myers

Bobbie Younger by Kathy Myers

Kathryn Steele by Kathy Myers

Cathy Wyatt by Kathy Myers

Angie Robinson by Kathy Myers

Ann Marie Erhardt by Kathy Myers

Beverly Keener by Kathy Myers

Rev. & Mrs. Steve Snipes by Wayne & Kathy Myers

Mr. & Mrs. Robert Erhardt by Wayne & Kathy Myers

Teana Compeau by Wayne & Kathy Myers

Phillip Compeau by Wayne & Kathy Myers

Mrs. J. A. Bunn, Sr. by Wayne & Kathy Myers

Mr. & Mrs. Greg Davenport by Wayne & Kathy Myers

Jackie Davis by Wayne & Kathy Myers

Mr. & Mrs. Rudy Holbrook by Wayne & Kathy Myers

Mr. & Mrs. Ryan Holbrook by Wayne & Kathy Myers

Nancy Maier by Wayne & Kathy Myers

Irene Mahood by Wayne & Kathy Myers

John Myers by Wayne & Kathy Myers

Kathleen Myers by Wayne & Kathy Myers

Dr. & Mrs. Lester Morris by Wayne & Kathy Myers

Dr. & Mrs. C.A. Shaw by Wayne & Kathy Myers

Ferne Caudill by Wayne & Kathy Myers

Jane Rivers by Wayne & Kathy Myers

Emily Verheyen by Wayne & Kathy Myers

Rev. & Mrs. Jack Caudill by Wayne & Kathy Myers

Carolyn Youger & Family by Wayne & Kathy Myers

Mr. & Mrs. Dwight Younger by Wayne & Kathy Myers

Marcella Carpenter by Wayne & Kathy Myers

Mr. & Mrs. Paul Canter by Wayne & Kathy Myers

Mr. & Mrs. Don Carpenter by Wayne & Kathy Myers

Mr. & Mrs. Gary Stone by Wayne & Kathy Myers

Mr. & Mrs. Eddie Tharpe by Wayne & Kathy Myers

Mr. & Mrs. Terry Stone by Wayne & Kathy Myers

Dot Beamon by Wayne & Kathy Myers

Kathy McLean by Wayne & Kathy Myers

Toyce Myers by Wayne & Kathy Myers

Mr. & Mrs. Eddie Sturdivant by Wayne & Kathy Myers

Mr. & Mrs. Monty Shaw by Wayne & Kathy Myers

Williams F. Brooks by Wayne & Kathy Myers

Dean Bullis by Wayne & Kathy Myers

Mr. & Mrs. Wayne Mason by Wayne & Kathy Myers

Dr. Sunita Singh by Fred & Jean Graf

Shelmer Blackburn, Jr. by Martha P. Blackburn

Robert & Susan Blackburn by Martha Blackburn

Jimmy Douglas by Reins Sturdivant Funeral Home

"Taste of the Towns" Fundraiser a Great Success

Adult day care addresses one of the fastest growing and most critical health issues facing adults today, Alzheimer's and other dementia related disease. No other type of facility can address Alzheimer's and dementia as cost effectively while still providing a safe and caring environment.

Thursday, November 4th, the Ruby Pardue Blackburn Adult Day Care Center hosted the "Taste of the Towns". Over 125 Wilkes area residents attended this very successful fundraiser to support the extraordinary service provided by the Day Care Center. The event featured 6 area restaurants, 2 wineries and an impressive display of jewelry and accessories. All volunteered their specialties and time to participate. The "Taste of the Towns" event was coordinated by Wayne Myers, Special Events Committee Chairperson.

The area restaurants and wineries who volunteered their services included 6th & Main, Key City Grille, Morrison at Wilkes Regional Medical Center, Smoke House & Elk Events, Branciforte's Brick Oven, The Best Cellar, Rendezvous Ridge Vineyard, and Grassy Creek Vineyard. Finley House Antiques, located in Blowing Rock showed their support by showcasing for sale beautiful estate jewelry and accessories with a percentage of the proceeds being donated to the Center.

The Center's Board President, Bebe Hennessy, very graciously thanked the many individuals in attendance, as well as, the restaurants and wineries who participated and the many sponsors. "By your being here tonight, you are helping us to serve our participants in a manner that is affordable to them. Your support is going for a great cause in this community and the surrounding area" commented Hennessy.

Sponsors of the event included Morrison at Wilkes Regional Medical Center, Reins-Sturdivant, Scenic Memorial Gardens, Southern Candle & Printing, William F. Brooks, Dwight and Anne Pardue, Screen Printers Unlimited, Shelmer D Blackburn, Jr., Cathy Freeman, Jenny and Joe Richardson, Bebe Hennessy, Ameriprise Financial, Inc., McLean Floor Coverings, and Mr. and Mrs. Larry E. Smith in honor of their son, Paul M. Smith.

The Center celebrated its second year anniversary on September 3, 2010. Since opening, the Center's staff has provided help to over 115 families. "We have two main goals at the adult day care center", said Kim Bridgeman, Executive Director of the Center. "First, we provide a safe, cost effective alternative to families who are caring for a loved one offering activities and socialization that improves the quality of their lives." "Secondly, we allow caregivers to have a much needed break from the many stresses associated with caring for a loved one."

The 10,000 square foot non-profit adult day care center, located in West Park Medical Center provides a safe, home-like environment for adults who cannot safely remain at home alone during the day while their caregiver goes to work, runs errand or simply rests. Although some clients attend the center primarily for socialization, professionally trained staff is available Monday through Friday from 6:00 a.m. to 6:00 p.m. to provide assistance with personal care, such as, ambulation, toileting, bathing, eating, and personal hygiene. A full time registered nurse is also available for health care monitoring. The center welcomes adults 18 years of age and older and is also Medicaid and VA approved.

For more information about adult day care services or if you would like to make a tax deductible contribution to support the center's mission, please contact Kim Bridgeman, Executive Director, at 667-2541.

THANK YOU for your Generosity

William Souther—Guitar Strings
Monroe & Pat German—Q Chord Instrument
Marilyn Whittington—Grapes
Teresa Wolfe—Apples, Cakes and Decorations
Kim Turlington—Kool Aid, Cookies and Snacks
Janet Johnson—Bingo Prizes
Spencer Rhoades—Shower Chair
Karen King—Paints, Scrapbooking Supplies and Paper
Cubic, Inc.—Boxes of Grapefruit and Oranges
Judy Brown—Pecans
Sandra Blackburn—Turnips
Hilltop Baptist Church Teen Class—Little Tykes Basketball Goal
Bojangles—Biscuits
Treva Fraizer—Chocolate Cake
Judy Brown—Candy
West Wilkes High Allied Health Students—Christmas Snack & Candy Bags
Wilkes Senior Village—Cake
Wilkes Regional Medical Center Dietary—Cookies
Team Nurse—Clock
Kerry Nichols—Country Ham

Thank you to all our volunteers!

Our Wish List

Movie Projector	Water Color paper
Wal-Mart Gift Cards	Paper Prodcuts
Scrapbook Supplies	Vacuum Cleaner
Wii Games	Storage Tubs
Guitar Picks	Wood/Nails for Birdhouses
Table Top Stereo	Completion of covered drop off area at front entrance
TV/DVD Combo	Dust Buster
Rubber Balls	Digital Blood Pressure wrist or arm cuff
Tambourine	Crafts
Small Game Gifts	Large Dry Erase Board
Treadmill	
Acrylic Paints	
Art Paint Brushes	

Thank you to the following businesses in our community who donated a gift to our volunteers for their dedication and service to our center:

Belk, City Florist, Igloo, For Heavens Sake, Wal-mart, Fire Mountain, Southern Candle, Applebee's, Brushy Mountain Smokehouse, Papa Johns, Fine Friends, Arbys

