



# Boone County Adult Day Center News

November 2019



Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will be able to stay healthy and experience the joys of springtime soon enough. We wanted to share these tips for staying safe this winter:

## Dress for Warmth



Staying in? Don't let indoor temperatures go too low and dress in layers.

Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

## Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.



## Prepare for Power Outages



Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

The Boone County Adult Day Center accepts clients who may have difficulties staying at home alone and would like to come and enjoy social time, games, singing and fellowship with friends in a safe, caring environment. We also serve as a daytime respite (break) for caregivers. Knowing loved ones are well cared for allows family or caregivers the opportunity for some needed rest or time to run errands.

Our Personal Care Assistants are on hands and ready to help clients with tasks such as eating or bathroom assistance while they attend the Day Center program. For more information about our services, including respite day care, please call the center 741-4991



The Center will be **CLOSED**  
Nov. 11<sup>th</sup> for Veteran's Day

The Center will be  
**CLOSED**

November 28 & 29  
for Thanksgiving





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## November Events of Interest:



**Sunday November 3: Time to set the clocks back one hour!**

This is also a great time to remember to change the batteries on your smoke detectors.

**November 7, 2019**



**Boone County  
Adult Day Center  
OPEN HOUSE:  
November 7<sup>th</sup>  
from 3:00 – 5:00**

*Skills From The Hills Presents*

## A Holiday Marketplace

Friday, Nov. 8 Noon to 6 p.m. & Saturday, Nov. 9 9 a.m. to 4 p.m.

**At the NWA District Fairgrounds, Buildings 2 and 3 \* Harrison, AR 72601**

Browse over 70 vendor booths in 2 buildings, for the finest in handmade arts, crafts, home and garden décor... all from local craftspeople.

Visit our Event Page on Facebook: **Holiday Marketplace** for a sneak peek at the beautiful crafts available for everyone on your gift list!

Bring the kids (young and old) to visit with Santa!

**Free Admission, Free Parking, Door Prizes, Food Trucks**

We appreciate the support of the Harrison Convention and Visitors Bureau 870-416-8809 Thank you!

The Adult Day Center will be hosting the community at a fall open house. This will be an opportunity for people to come and learn more about the Adult Day Care services and the respite we provide at the Center. Light refreshments will be served.



We want to thank the First Christian Church and the United Way for continuing to support the Boone County Adult Day Center. The funding we receive greatly enhances our program and helps seniors in our community.

The Adult Day Center gratefully accepts all donations to our program.



*Thank you*



The Boone County Adult Day Center serves clients & has respite hours Monday - Friday, 7:30 am to 4:30 pm. We are located at 1516 Rock Springs Rd. Harrison, AR 72601



For more information about our center, respite services, or adult day program, please call Katie Causey, BCADC Director 870-741-4991

*The Boone County Adult Day Center is an equal opportunity provider and employer.*