



SOUTH HIGHLAND  
ADULT CARE CENTER

**SENTINEL**

*Third Quarter 2020*

### **From The Director:**

Sadly, we have remained closed due to the “Safer at Home” order by the Governor which includes the continued closure of Senior Centers. I have been in close contact with other Adult Day Care Directors thanks to Alzheimer’s of Central Alabama holding a Zoom meeting twice a month. We are able to discuss opening plans and strategies.

I have kept myself busy for the Center by completing information to have our Center as a part of the VA Community Care Network, which will not only refer veterans to our center for day care, but also cover the daily rates.

I have also submitted several grant requests. I submitted for scholarship funding, monies to refurbish a second room for us to use during the day and monies to cover our art and music programs.

### **The Sweet and Cheesy Fundraiser:**

What a wonderful success. We made \$3500! I am most thankful to Joe Whitley for the idea of the fundraiser and also his guidance in preparing all of the products. I also must thank his staff Karol and Kitty for helping to get the scones baked and bagged.

I absolutely cannot forget Suzanne Cornett for designing the order form and spreadsheet. And who can forget as my lovely day of assistants, Debbie Laws, Janet Perry and Isabeth Gannon, who delivered bags to cars, collected and kept a sharp eye on the finances.

### **Thankful for Donations:**

We are very thankful to The Presbyterian Women Circle 2 for a generous donation they made in July to allow us to purchase 2 sets of hand bells with music sheets and famous people bingo! I think both of these will prove to be interesting and fun endeavors!

We received a memorial for Blanche Henderson, who was a former client of the Center.

Finally, we received a donation to continue our Art and Music programs. Our clients really enjoy participating in both of these activities which help the day go by quickly.

## **MOVE FOR YOUR MEMORIES, First Week in November**

Alzheimer's of Central Alabama's annual Walking to Remember event will be a weeklong celebration of **Brain Health**. The 1st week in November get out and get moving: It can be a walk, run, hike, ride, swim, skip, jog, dance, stroll, stretch—you name it!

### **Here's Why You Should Move for Your Memories:**

- Researchers found exercisers were up to 28% less likely to develop any type of dementia and 45% less likely to develop Alzheimer's disease specifically.
- Studies suggest that physical activity—even at low-to-moderate levels—cuts your risk of cognitive decline by more than a third.
- 40% of dementia cases could be prevented or delayed by targeting 12 risk factors throughout life—inactivity is one of those risk factors!

This is a FUNdraiser! Help ACA continue to fulfill our mission of offering services, providing education and supporting research.

To support the South Highland Team go to [www.alzca.org](http://www.alzca.org)—click on The Walking to Remember logo—scroll down on the page about the walk and click on donate to a team:

**OUR TEAM NAME IS:  
THE SOUTH HIGHLAND ADULT DAY CARE CENTER  
OF SOUTH HIGHLAND PRESBYTERIAN CHURCH**

All donations are due to ACA by Saturday November 7

We have another way for you to contribute if you choose.

### **WARM MEMORIES SOUP FUNDRAISER FOR ACA**

Not much in this world evokes memories like a warm bowl of soup on a cold day.  
In an effort to further our mission to the ACA's fundraiser, we will be selling 4 varieties of soup for a suggested donation of \$15.00 per quart.

We are offering :

Roasted Poblano and White Cheddar	White Chicken Chili
Roasted Red Pepper and Smoked Gouda	Squash Bisque

For your convenience, all soups will be sold frozen and can be picked up in the circular drive on Highland Avenue. Pick up is Thursday October 29 from 3:30-6:30

To order, go to: [southhighlandcenter.org/fundraiser](http://southhighlandcenter.org/fundraiser)

### **SOUTH HIGHLAND ADULT DAY CARE**

2035 Highland Avenue South  
Birmingham, Alabama 35205

**Phone:** 205-933-2332

**Email:** [southhighlandcenter.org](http://southhighlandcenter.org)

**SENTINEL – a soldier or guard whose job it is to stand and keep watch.**

**WE ARE THANKFUL TO BE ENTRUSTED TO “KEEP WATCH”**

**OVER YOUR LOVED ONES**