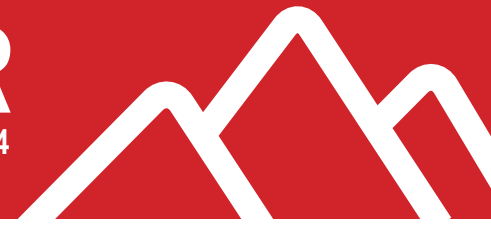




CARE COURIER

NEWS FROM MOUNTAINCARE ADULT DAY SERVICES // FALL 2024



We Are Dedicated! We Are Resilient! We Are Back!

After closing for over three weeks in the aftermath of Hurricane Helene, on October 21, MountainCare welcomed participants, caregivers, and staff back to the program at both the Buncombe and Hendersonville locations.

We are grateful for the patience, commitment, and support that helped make the reopening possible. Thank you to all our supporters!

MountainCare's New Home

Buncombe County participants are enjoying their return to MountainCare's new location at First Baptist Church of Asheville (FBCA). A big THANK YOU to the church for partnering with MountainCare Adult Day and providing this new home. After 30 years on Sweeten Creek Road, we closed the doors there and began operating from FBCA on August 27. The church, with its impressive dome, is an architectural treasure built in 1927 and is listed on the National Register of Historic Places. Easily accessible from 1-240, the first-floor location has a level entrance and an adjacent parking lot. MountainCare's space at FBCA includes one large room for lunch and activities and many smaller rooms for programming, allowing for small group activities tailored to the diverse interests and abilities of our participants.

"The members and staff at FBCA are thrilled to welcome MountainCare to our campus. For decades, our unique location in the heart of the city has provided opportunities for us to partner with other nonprofits doing good work for our community. MountainCare's focus on supporting senior adults and caregivers fits perfectly with the mission of our congregation. We are so glad you are here!"

~ Brenda Gorsuch, Chair of Deacons



First Baptist Church of Asheville is a community leader committed to supporting special needs ministry. The FBCA campus also houses the Child Development Center, FirstKids Preschool, the Academy for the Arts, and the Asheville symphony performances.

We are grateful to be partnering with First Baptist Church. They offer a beautiful, well-maintained space in a central location, an affordable lease, and a belief in the value of individuals regardless of age, ability, or circumstance. MountainCare Adult Day has come home!

Programming Continues at MountainCare's New Location

As staff and participants return to MountainCare, they are using the environment in each location to continue to create a community where participants have a place to reestablish their routines, be active, have fun, and belong.

In the new space at First Baptist Church, The Village Center provides opportunities for group activities like morning highlights discussions, bingo games, dance parties, and movies. In the Community Room, small groups share everyday experiences, watch music videos, or play word games, or engage in other activities. Arts and crafts activities encourage

participants' creative expression in the Arts Room. A Fitness Room will become a space for exercise and physical activity such as using stationary recumbent bicycles. Participants can peruse books or magazines or have group reading in the Library, and can find small moments of quiet and respite from the larger group in the Oasis, nestled near the nurse's station. Additionally, volunteers enrich the program with musical performances, presentations aligned with participants' interests, or visits from companion dogs. And every day, throughout the program, participants have countless opportunities to establish social connections and friendships with others.



Staff Spotlight: Nicole Staton

"This place has shaped me," says MountainCare Operations Manager Nicole Staton. Nicole joined MountainCare nearly 20 years ago and has since worked in most

roles including guide, intake coordinator, and program manager. Nicole and her team are very mission driven. Nicole said, "I really like the fact that our participants are able to age in place. They have input to their care, and everyone is treated with dignity."

Respect for older folks comes naturally to Nicole.

Her beloved grandparents cared for her while her parents worked. Her grandfather often had to go to the VA, and Nicole went along. She found caregiving natural because it is expected and respected in her family. Nicole makes quite an effort before she even arrives at her workplace, as she drives daily from Boiling Springs, South Carolina, where she lives with her husband and her dog, Ace.

To no one's surprise, Nicole has been instrumental in getting both MountainCare programs reopened and running after the storm. The next time you see her, please take a moment to let Nicole know how much we appreciate her and her team.

How You Can Help

Care about supporting our community's seniors and their families? You can help! MountainCare Adult Day Services is dedicated to providing exceptional care and support to older adults, ensuring they remain active and engaged while their caregivers take a well-deserved break.

Please spread the word about our services. If you know someone who could benefit from our programs, please refer them to us. It's simple! Please share this newsletter and/or our contact information with them.

They only need to call 828-277-3399.

Care about supporting MountainCare's continued services and recovery from the damages of Helene? Your donations are vital in helping us continue to offer high-quality care and enriching activities. Together, we can make a meaningful difference in the lives of those we serve. Please consider donating to MountainCare this Giving Tuesday, December 3. Thank you for your support!

Giving Tuesday is December 3

WAYS TO GIVE: Donate Online - visit www.mountaincareservices.org/donate
OR Mail a check payable to MountainCare and send to PO Box 5956 Asheville, NC 28813

