

Adult Day Center News

September 2011

A Message from Jeff

You're Invited!

We are proud to let everyone know that we have moved to our new building at 872 East Main Street in Bridgewater. If you have not seen it yet, please take the time to schedule a visit. It truly is a beautiful new home for our Members, our Caregivers and our Staff.

The new facility, however, comes at a cost, and it is important for you to remember that our fundraising efforts must continue. You can help by supporting the center's winetasting event, "Getting Better With Age", on October 28th. Tickets are available through our office at a cost of \$65 per person and the event is held at the Basking Ridge Country Club. We would love to see our members and their families at this enjoyable event.

Among the new initiatives associated with our building are art exhibitions coming on-site, as well as the construc-

tion of a therapeutic garden this Fall. At the same time, about 30 additional members will be able to attend on a daily basis. This is an exciting time for all of us and we look forward to a bright future. We hope that all of our caregiving families will share our enthusiasm.

-J

Announcing Favorite Recipe Days!

Now that we are settling in to our new home, we thought it would be fun for members to bring in some favorite family recipes that we could cook as a small group in our Kozy Kitchen and sample. If you are interested, just bring a recipe into Diann; staff will shop for the ingredients and we will plan a cooking demonstration. If all goes well, we will compile another ADC cooking book for our annual craft bazaar.

On Friday, September 9th the Center will be hosting our first *Family and Friends Picnic* at our new building. This will be a wonderful opportunity for you to see the new facility, get to know the staff and have a lot of fun and good food!

The picnic will start at 11:00 am with music by 'Dave the Guitarpenter' food will be served from 11:45 till 12:45 and at 1:00 we will be entertained by Will Fern the Magician!

We look forward to seeing you at our first family event and ask you to please RSVP to the Center at (908)725-0068 by Wednesday, September 7th.

**HOPE TO SEE YOU
THERE!**



Wish List

The Members and Staff of the Center would like to express our sincere thanks for all of the much needed “housewarming” gifts donated by our caregiving families!!!

There are still a few items on our wish list if you would still like to donate:

- Patio chairs
- Gardening tools
- Garden hoses w/ windable caddy
 - Wheelbarrow
 - Gas grill
 - Storage shed
 - Snow blower
 - Snow shovel
- Throw blankets
- Serving carts, rolling carts
 - Pool table
 - 2 DVD players
 - CD players
- Inkjet photo printer
- Digital camera
- Video Camera
- Spice rack
- Dinner plates
- Soup bowls

Support Group Reminder

Our caregiver support group continues to meet the second Saturday of the month. As always, caregivers are welcome to bring their loved ones. We open at 9:00 am and serve a light breakfast until 10:00. We begin the support group at 10:00 and activities continue for loved ones in our day room. The group runs until noon when we all get back together for a catered lunch.

Our next group is scheduled for September 10th. This will be a special day because United Way of Northern New Jersey will also be hosting a *Wellness Health Fair* on our patio. If you wish to attend or would like more information, please contact Stacy or Diann at (908) 725-0068. Also, let us know if there are topics or speakers you would like us to present.

Upcoming Events

- 9/2– Waffles & Ice Cream Social
- 9/5– ADC closed
- 9/9– Family & Friends Picnic
- 9/12– Grandparent’s Day
- 9/13– Van trip to Target
- 9/16– Trip to Farm market & Pizza
- 9/19– Creative Notions Art program
- 9/19– Kick off Adult Day Services week
- 9/23– Fragrance Day
- 9/27– Trip to Applebee's
- 9/28– Around the World Wednesday
- 9/30– Van trip to Michael’s Crafts & Monthly B-day Party
- 10/4– Creative Notions Art program
- 10/10– ADC closed
- 10/12-Emotions Music program w/ Gary
- 10/21– Monthly B-day Party

Staff Anniversaries

On September 24th
Tina will have been
back at ADC for 9
years!

On October 6th
Maryann will have been
working with us for 25
years!!!!

Member Birthdays

9/2– Stan Edwards
9/6– Mary Shubeck
9/11– Carol Murtha
9/14– Mary O’Neill
9/16– Vince Cornacchia
9/20– Kenny Wilson
9/21– Armando Guarnizo
9/25–Julie Gekosky
9/28– Ella Rolef
10/2– Eleanor Powell
10/6– Sal Sannasardo
10/13– Mattie Woodson
10/21– Ruth Kosensky
10/25– Tom Blue
10/30– Joanne Dollendorf

*Happy Birthday
To All!*

Did You Know?

September is National Advertising Month, German Heritage Month, Happy Cat Month, Hispanic Heritage Month and Civics Awareness Month.

October is Bat Appreciation Month, Book Month, Dinosaur Month, Magic Month, Polish– American Heritage Month and Sarcasm Awareness Month.

Member Anniversaries

On Sept. 1st Julia S. will have attended the Center for 2 years!

On Sept. 7th Carlota will have attended for 6 years!

On Sept. 7th Muriel V. will have attended for 5 years!

On Sept. 8th Sally T. will have attended for 3 years!

On Sept. 23rd Gwen L. will have attended for 3 years!

On Oct. 2nd Marilyn H. will have attended for 4 years!

On Oct. 7th Viola S. will have attended for 2 years!

On Oct. 18th Shirley C. will have attended for 5 years and Joanne D. will have attended for 7 years!

And on Oct. 27th Greg G. will have attended for 2 years!

*Thanks for spending your
time with us!*



Recipe Corner With Debbie

Harvest Salad

- ◆ 1/2 cup chopped walnuts
- ◆ 1 bunch spinach, washed and torn into pieces
- ◆ 1/2 cup dried cranberries
- ◆ 1/2 cup crumbled blue cheese
- ◆ 2 tomatoes, chopped
 - ◆ 1 avocado, diced
 - ◆ 1/2 red onion sliced
- ◆ 2 tbs. red raspberry jam
- ◆ 2 tbs. red wine vinegar
 - ◆ 1/3 cup olive oil
- ◆ Salt & pepper to taste

Preheat oven to 375 degrees. Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes or until nuts brown.

In a large bowl toss together the spinach, walnuts, cranberries, blue cheese, tomatoes, avocado and red onions.

In a small bowl whisk together jam, vinegar, olive oil, pepper and salt. Pour over salad before serving and toss.

Enjoy!

HAIRDRESSER SERVICES

The Center offers hairdressing services every Thursday. If you would like to make an appointment for your family member, please follow the following directions:

- 1- Contact Maryann at the Center to schedule appointment
- 2- All appointments must be scheduled in advance
- 3- Money must be sent in with your loved one the day of their appointment. Please put the money in an envelope marked either "hairdresser" or "attention Maryann". You must send cash: no checks will be accepted.

PRICE LIST

Wash/ Condition.....	\$5
Wash & Cut.....	\$9.50
Wash & Set.....	\$10.50
Was, Cut & Set.....	\$13.50
Permanent.....	\$30
Perm & Set.....	\$36
Men's Cut.....	\$8



*THE CRAFT ROOM COULD USE YOUR COUPONS-

Many of our members enjoy cutting coupons- please send in your Sunday flyers if you do not use them— thanks!



HAPPY BIRTHDAY

Tina (Staff)... March 14th
Betty O.....March 16th
Vince M.....March 16th
Maryann (Staff). March 18th
Bessie M.....March 18th
Jeff (Staff).....March 24th
Angella S.....March 28th
Julia T.....March 31st
Katherine (Staff). April 6th
Tony J.....April 8th
Ziggy S.....April 13th
Astella V.....April 15th
Dottie (Staff).April 21st
Martin B.....April 22nd

WELCOME NEW MEMBERS

Joe and Julia Trotsky
Maggie Mattaliano
Tse-Chia, "Jay", Jen
Pauline Mastrobuano
& Terry Hatch