



Dear Friend of the ADC,

Happy New Year from your ADC family! I hope you enjoyed the holidays and were able to spend time with family and friends. As we start a new year at ADC, I want to thank you for entrusting us to care for, support, stimulate and build friendships with your loved ones. It is an honor to have all of you as part of our ADC family.

We have a full calendar of activities for the first month of 2017 including a performance by Somerset County entertainers Devon and Athenia on January 20th, and our monthly birthday party with entertainer James Barba on January 27th. We will also have a celebration of our Activity Professionals on Wednesday, January 25th. Be sure to check our website for the full monthly calendar and weekly menus.

The weather has been fairly mild so far, thankfully. In the event of a winter storm, don't forget that you can check our Facebook page or the [NJ 101.5](#) website, or call the ADC's voice mail after 7:00 a.m. (See the attached [flyer](#) for an update of where our closings will be listed.)

Wishing you all the best for 2017!

Sincerely,

Diann Robinson

Diann Robinson

Executive Director



Member Sally Kline learning about nutrition during "Healthy Cooking with Debbie"

Save the Date for our 2017 Fundraising Events

Our Seventh Annual Generations Gala will be held on Thursday, June 1st at The Palace at Somerset Park. We will announce our honorees soon. In the mean time, sponsorship opportunities are available [here](#). We hope that having this information now is useful for planning purposes. Our 19th Annual Wine Tasting event will be held at the Basking Ridge Country Club on Friday, October 27th. Committees for both are forming now. If you are interested in helping, please contact Hilary at hilary.kruchowy@adulthoodcenter.org or by phone at (908) 725-0068.

Sharing Your Care Campaign

Thank you to everyone who generously donated to our Year End Appeal. We are close to meeting our goal of \$25,000. We are keeping the campaign open until January 31st - so if you thought about making a donation, it's not too late. Your donation, regardless of the amount, when added to those of others, helps us to care for our members with compassion, provide stimulating programs to keep them engaged, and keep our fees affordable. Click [here](#) for more information on how to donate.

Update on our 2016-2017 Winter Wish List

Each year ADC staff is given a chance to list equipment and tools that they need, that would add to their ability to present stimulating and engaging programs as well as to monitor our member's health. Please click [here](#) to see our 2016-2017 Winter Wish List.

To date, we have received gifts and pledges in the amount of \$7,500 towards our IT infrastructure upgrade project that has a budget of \$12,000. Thank you to all who so generously donated.



One of the trees donated by NJ
Tree Management Services

Thanks to Everyone Who Helped Us Celebrate the Holidays!

Thank you to all of the families who sent cookies, candies, gift cards and meals to the ADC including John & Stephanie Canning, Ann Glass, the Gibson Family, Jim and Bobbie Atfield, Joe and Dolores Klimek, Ursula Fernandez, Grace Ebbe and Family, Mark and Karen McAvoy, Jean DiCosola, Anita Fitzgerald, Anna Manna, Liz Kazary, Dawn Stabile/Rosemary Duffala Family, Iluminada Diaz, Robert Harris, Rita Maynes and the Shokrani Family.

Congratulations to MaryAnn Royce-Koehler, Craft Director, and Kitchen Assistant Kathy Giordano for a successful Craft Bazaar that made close to \$3,000 in revenue that will be used to offset their craft and Cozy Kitchen budgets.

Thank you to Sean Balke and NJ Tree Management Services for supplying us with several gorgeous live Christmas trees. Sean picks out, delivers and sets up trees at the ADC every year.



Activity Professionals Will Be Celebrated

In conjunction with the National Association of Activity Professionals (NAAP), we will be celebrating Activity Professionals Week from Monday, January 23rd to Friday, January 27th. NAAP was formed in 1981 by activity leaders who are committed to providing outstanding quality-of-life experiences for older adults. To honor Activity Professionals across the country, the very first National Activity Professionals Day was celebrated on January 27, 1984, and it now is celebrated for an entire week. This year's theme is "Celebrating Life: Touching Hearts." Click [here](#) to learn more.

Highlights from our 2016 Caregiver Survey

Thank you to all of our caregivers who took the time to complete the 2016 Caregiver Survey. The Board of Trustees and staff are in the process of examining the results in order to improve our services, and to present them to funders who ask for outcome information. Click [here](#) for highlights.

Caregiver Support Group kicks off the year on January 21st

The Caregiver Support Group will meet on Saturday, January 21st from 9:00 a.m. to 12:00 p.m. To start the New Year off on a healthy note, our special guest is yoga instructor Loring Nagle. Loring will guide us through some gentle exercise and focus on ways to de-stress yourself throughout the day. Please RSVP to Stacy Scelfo or Diann Robinson if you are planning to attend, or if you plan to stay for lunch, at [\(908\) 725-0068](tel:9087250068). Here is the schedule for 2017.

January 21st	July 15th
February 11th	no August meeting
March 11th	September 9th
April 8th	October 14th
May 13th	November 11th
June 10th	December 9th

Caregiver Cafe Is Open!

All ADC caregivers are invited on Fridays from 9:00 a.m. to 11:00 a.m. for coffee, pastries, and fellowship. This informal group, that is independent from ADC staff, is meant to give caregivers a friendly shoulder to lean on during difficult weeks, to share advice, and to provide encouragement in a positive environment. All caregivers are welcome to pop in for as little as five minutes or for the full 90 minutes. The cafe will be open on January 6th, 13th, 20th and 27th.



Nicholas Gastiaburo from Brandywine Living celebrated December birthdays with ADC members. .

Birthday Buddies

Our December party was sponsored by Brandywine Living at Middlebrook Crossing.

Nicholas Gastiaburo, Director of Community Relations, brought gifts and cake. We are working on filling the schedule for 2017 now, and have openings for March, May, and August through December. If you are interested in joining us, please see our [website](#).



January Activities

Our themes for January include welcoming winter, discussing goals for 2017, and celebrating Activity Professionals Week. This month's Creative Notions "Art of the Masters" workshop will study Pablo Picasso. We will take members on trips to Applebee's, Chicken Holiday, Time to Eat Diner and Target.

Here is a [link](#) to our January calendar and [link](#) to an activity list on the website.

Caregivers often ask about the lunch menu. Starting this month, you will find it on

our website. Click [here](#) for the January menu.

Additional Information about the ADC

About the newsletter

Please email Hilary Kruchowy at hilary.kruchowy@adulthoodcenter.org if you have any suggestions about future features. Please feel free to forward the newsletter to your friends and colleagues. We are trying to build our mailing list. Currently there are more than 1,000 names on our list. Thank you.

"Like" us on Facebook!

We update our Facebook pages two or three times a week with news of what is happening at the center. Please "Like" us and check out our photographs. It is a great way to see what your loved one is up to and how they are spending their day. To date we are 50 "Likes" away from 500.

Mission

The Adult Day Center of Somerset County, a compassionate community of acceptance, is a non-profit agency committed to providing extraordinary day care services for the elderly and disabled residents of Somerset County, and support for caregiving families.