



Dear Friend of the ADC,

Welcome to the August edition of the Adult Day Center's monthly newsletter!

We celebrated our fifth anniversary in our new home last month and took time to reflect on the significant growth we have experienced since July 2011. Our enrollment continues to grow and we are taking care of more members than ever. On any given day, there are 75-78 individuals with us. Accordingly, we are expanding our staff and are pleased to introduce a new staff member in this newsletter. We are in need of program volunteers this fall. If you have been thinking about getting involved with us, please get in touch.

We are pleased to announce the second year of our collaboration with Empower Somerset, which is offering a special stress-management workshop for our caregivers starting September 28th. Please take the time to read through this email for further details about the above, and to take note of our upcoming fall events, including: our Open House on September 17th; Wine Tasting on November 18th; and our annual Candle Lighting on November 3rd.

Best wishes for a wonderful end to your summer.

See you at the ADC!

Sincerely,

Diann Robinson
Diann Robinson
Executive Director

Save the Date for our "Getting Better With Age" Wine Tasting

Our 18th Annual "Getting Better with Age" Wine Tasting will be held on Friday, November 18th at 6:00 p.m. at the Basking Ridge Country Club. Once again, we are

partnering with Rich Scelfo and Lucy Lombardi-Molinaro of Carolina Wine Brands who will present a sampling of wines from their portfolio. We will also have live and silent auctions comprised of specialty high-end experiences and items. Are you interested in helping us plan? Are you willing to help recruit people to attend the event? Are you willing to make 8-10 contacts with businesses for journal ads or product donations? Please contact Hilary in the development office at either hilary.kruchowy@adulthoodcenter.org or [\(908\) 725-0068](tel:9087250068) if you are interested in helping.



Volunteer Lorraine Nicholls (right) is pictured here with member Badri (left).

Thank you Lorraine!

Thank you to board member Lorraine Nicholls for your days of service as a program volunteer. Lorraine has been spending two days per week as a program volunteer for the past several years. Unexpectedly, she was recruited out of retirement by her former employer and is stepping down from her volunteer role, but will stay on as a valued board member and member of our Wine Tasting committee.

If you are interested in learning about our volunteer program, please review the job descriptions [here](#) and contact our Executive Director Diann Robinson.



Thank you to AT&T Volunteers!

A team of volunteers from AT&T joined us last month to help us with Boardwalk Bonanza. The group hosted a variety of beach-themed activities including discussions about boardwalk trivia, listening to beach music, playing lollipop toss, and creating a craft with beach water colors. After lunch, members had a chance to pose for a souvenir photograph from their special day. Please check out the album on [Facebook](#) to see some photos!

ADC's Promises Kept Society

The Board of Trustees is pleased to introduce our Promises Kept Society that will

acknowledge donors who make a planned gift to the ADC. We are introducing this giving society to complement our fundraising events and annual support campaigns that help us to fund our day-to-day operations. Many supporters may choose to fund the same programs they support with cash gifts today through a future planned gift. Planned gifts can be as simple as naming the ADC as a beneficiary in your will. Those who demonstrate this exceptional commitment to the ADC will be recognized as members of our Promises Kept Society. This is a new initiative for the ADC, and individuals who join now will be considered members of the Founder's Circle. If you have included the ADC in your will or would like additional information regarding a planned gift, please contact our Executive Director Diann Robinson, or our Director of Development Hilary Kruchowy at [\(908\) 725-0068](tel:9087250068).

Sign up for Empower Somerset's "Bridge to Success"

Through a collaboration with Empower Somerset, ADC caregivers are invited to participate in "Bridge to Success for Caregivers." This is an eight-week program designed especially for caregivers. The sessions will focus on: how to achieve higher levels of stress management by developing coping skills; finding time for relaxation and inward reflection; and releasing feelings of depression and anxiety. The program will be offered on Wednesday mornings from 10:00 am. to 12:00 p.m. from September 28th through November 16th. Refreshments are provided each week, and participants also earn shopping gift cards based on attendance. Space is limited to 15 participants, so please sign up early. If you are interested, please contact Diann Robinson by phone at [\(908\) 725-0068](tel:9087250068) or by email at drobinson@aduldaycenter.org. For more information, please review the attached flyer [here](#).



Welcome Meredith! Meredith (right) took time to pose with ADC member Rita (left).

Welcome Meredith!

We are pleased to introduce our newest staff member Meredith Tesch. Meredith joined the ADC last month as a part-time activity assistant. Meredith grew up in Green Brook and studied sports management at York College in Pennsylvania. She is starting her second career after working as a meeting planner for the past twelve years. "I worked as an intern at the Green Brook Senior Center when I was in high school and I loved it. I am so glad to get back to my first love, spending time with older adults and helping families stay together." She is here 10:30 a.m. to 4:00 p.m. Please make sure you say welcome when you see her!

Caregiver Support Group: Summer Break

The ADC takes a summer break from our monthly Support Group in the month of August. Our next meeting is scheduled for Saturday, September 17th. [Click here](#) for more information about the Support Group, and to learn about the topics and speakers we have scheduled for the fall.

Caregiver Cafe Is Open!

All caregivers are invited on Friday's 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. This month the cafe is open on Friday, August 12th, 19th and 26th.

What's on our Walls?

We are pleased to present an exhibition of paintings by Somerville local, Les Floyd. It includes approximately 20 paintings that are available for purchase. This exhibition will be on view through September 30th from 7:30 a.m. to 4:30 p.m. Monday through Friday, and on Saturday, September 17th from 10:00 a.m. to 1:00 p.m. For more information see his website [here](#) or visit our [website](#).



The ADC's exhibition of Les Floyd's paintings is extended until September 30th.



Activity Director Jane Kappas is pictured here with member John and kitten at the shelter.

ADC Collected Items for a Local Animal Shelter

As part of a team project, ADC staff and members collected food, toys, blankets and other items for the Somerset Regional Animal Shelter during the fall. Last month, Jane and Debbie C. took a group of members to the shelter to drop off the items and to spend time at Kidstreet Park. Our members appreciate the opportunity to give back to the community. Check out our [Facebook](#) page to see photos from the day!



Thank you to Bill and Lisa Weber!

Birthday Buddies

Thank you to Lisa and Bill Weber for being our July Birthday Buddies. This was the second time the Basking Ridge couple supported us. Last year, Bill learned about the ADC through his participation in Leadership Somerset. He read about our need for a sponsor in the newsletter and volunteered. At the end of the party, they indicated interest in joining us in 2017 and we are looking forward to it!

Thank you also to Dorothy Dean's daughter Rosetta Wilson for underwriting the musical entertainment in honor of her mother's birthday.

Our August Birthday Buddy is Doris Zampella and her team at E. A Boniakowski Insurance Services. The party will be celebrated on Friday, August 26th.

Upcoming Caregiver Conference Sponsored by the Caregiver Coalition of the United Way of Northern New Jersey

Save the Date for the 4th annual Caregiver Coalition Conference on Saturday, October 22nd, at Good Shepherd Lutheran Church in Bridgewater. The Caregiver Coalition's Special Events Committee is putting together an entertaining and educational program that will include a motivating keynote speaker and eldercare references. [Here](#) is the complete list of speakers.



Members Richie and Rosemary
assisted board member Lynn Fazen
with the July bulletin board.

August Activities

This month's programs will feature summer, Labor Day and the beach. We will welcome entertainers Gary Morton, Devon and Athenia, and DJ Joe. Our August birthday party will be celebrated on Friday, August 26th.

Here is a [link](#) to our August calendar and a [link](#) to activities on our website.

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.