

Adult Day Center News

January 2012!

Nurses' Notes

You all should have received our annual Emergency Form in November. Thank you to all who completed and returned the forms. If you have not returned the form, it is now overdue and is imperative that we receive the completed form ASAP. If you have misplaced the form, please call the Center to arrange for another copy.

With cold and flu season upon us, we want to remind you that if a Member is sick, he or she should stay at home and not come into the Center. Our Members' well being is of utmost importance to us and it is our goal to avoid the spread of germs to keep our Members free of communicable diseases.

If a Member does arrive at the Center with cold or flu symptoms such as fever, nasal congestion, cough, running nose, eye discharge or

diarrhea, we will call the contacts listed on the emergency form to pick up the ill member immediately. He or she must stay home until well.

Also, a complete change of clothing, including undergarments should be kept at the Center in the event that a Member's clothes are soiled during the course of the day. Soiled items will be sent home with the Member to be laundered. Please be sure another outfit & undergarments are returned to the Center at your earliest convenience.

With all of this said, we wish you a very **Happy & Healthy New Year!**

ADC Nurses

What a Success!

Last month we held our annual Holiday Luncheon and Craft Bazaar. It was wonderful to have so many families and friends join us for our first holiday celebration in our new home! We are proud to announce that we raised \$1,055 at the bazaar for our 2012 arts & crafts program!

Special thanks to the volunteers that helped with the luncheon and bazaar:

*Art Robinson
Harry Tempest
Dottie Ferguson
Ann Prentice
Lori Phipps
Davina Viamalavong
Chris Trksak
Nancy Paduch
& Sumsesh Sadarangani*



Meet Our Newest Staff Member Hilary Kruchowy

I am pleased to have joined the staff of the Adult Day Center of Somerset County. I have been working with non-profits as a development professional for the past 18 years. Most recently I worked for the Hunterdon County YMCA for four years but prior I was with SAGE Eldercare in Summit. It is wonderful to be working again for an eldercare organization that is committed to keeping our loved ones at home with their families. As the Director of Development it is my responsibility to build the Center's base of contributed revenue from individuals, companies and private foundations. I look forward to meeting all of our Members and their families. If you have any suggestions for potential funders, please don't hesitate to stop by our office or send me an email at hkruchowy@adulthoodcenter.org. Thank you and Happy New Year!

-Hilary

2012 Support Groups

Our caregiver support group continues to meet one Saturday a 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 Saturday, January 14th and we will be joined by elder law attorney, Tom Murphy.

Here are the Support Group Dates for 2012: (note- there has been a change in the March date since prior mailing)

1/14 , 2/11, 3/17
4/14, 5/12, 6/9
7/14, 8/11, 9/8
10/13, 11/17, 12/8

If you have questions or would like more information, please contact Stacy or Diann at the Center.

Member Anniversaries

On Jan. 3rd, Mary O' will have been attending the Center for 10 years!

On Jan. 4th, Robert S. will have attended for 7 years!

On Jan. 12th, Irene Y. will have attended for 2 years!

On Jan. 12th, Zuzie Z. will have attended for 3 years!

On Feb. 2nd, Connie G. will have attended for 1 year!

On Feb. 7th, George C. will have attended for 1 year!

On Feb. 23rd Lois K. will have attended for 1 year!

And on Feb. 26th, Julius G. will have attended for 3 years!

Thanks for spending your time with us!

Staff

Anniversaries

On Feb. 2nd Lovell will have been with us for 3 years!

On Feb. 5th Nurse Debbie will have been with us for 5 years!

On Feb. 6th BJ will have been with us for 10 years!

And Jan. 3rd marks 35 years since Jeff started

the Center!!!!

Congrats Jeff!!!!

Member Birthdays

1/5 Anna Piersante
1/6 Maria Fernandes
1/8 Prince Taylor
1/9 Pat Kulesza
1/10 Buddy Carroll
1/20 Connie Gattone
1/22 Sally Trksak
1/24 Gwen Lettly
1/25 Julia Stuck
1/26 Carol Kozlowski
1/27 Joseph Perzel
2/1 Rosa Pastor
2/5 Betty Shivers
2/7 Rita Orecchio
2/21 Marion Pinter
**Happy Birthday
To All!**



Welcome New Members

Anna Girandola
Debbie Bailey
Leo Carroll
& Laurel Pschar

Upcoming Events

1/2 ADC Closed
1/6 Julian Entertains
1/10 Trip to Bridgewater
Dinner
1/13 Winter Brunch
1/16 ADC Closed
1/18 Van Trip to Wegmans
1/25 Karaoke w/ Gary
1/27 Monthly B-day Party &
trip to Jumbo Palace
2/14 Valentine's Day Party
2/17 Monthly B-day Party
2/24 Flag Day Celebration

Recipe Corner With Debbie

White Bean and Collard Green Soup

- ◆ 2 tbsp. olive oil
- ◆ 3 cloves sliced garlic
- ◆ 2 carrots diced
- ◆ 2 ribs of celery diced
- ◆ 1 cup diced onion
- ◆ Salt to taste
- ◆ 1 28 oz. crushed tomatoes
- ◆ 1 bay leaf
- ◆ 2 lbs. fresh collard greens
chopped
- ◆ 6 cups chicken broth
- ◆ 4 15.5 oz. cans of
cannelloni beans, drained
- ◆ 2 tsp. pepper

- ◆ 2 tsp. hot sauce
- ◆ 1/4 cup grated parmesan
cheese
- ◆ 2 tbsp. chopped parsley

1- Place oil in large stock pot over low heat. Add carrots, garlic, celery and onion. Season w/ salt and cook, stirring occasionally for 5 min. Add tomatoes and bay leaf, raise the heat to med-high and bring to boil.

2- Blanch the greens by cooking in boiling salted water for 5 min. Drain and cool under cold water.

3- Add the broth and beans. Season w/ pepper and hot sauce. Cover and cook for 10 min. Stir in greens and continue to cook for 20 minutes. Salt and pepper to taste.

4- remove from heat and pour into soup bowls. Sprinkle w/ cheese & parsley. Enjoy!

