

Dear Friend of the ADC,

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

We hope that you had a wonderful summer and are easing back into your fall routine. Please make sure your read through this email to learn about our upcoming programs and activities.



There are several opportunities for caregiver education this month and later this fall. Our Caregiver Support Group is scheduled for Saturday, September 17th. A local Hillsborough parish, St. Joseph's Church, is holding a [Caregiver Retreat](#) on Saturday, September 10th, and the United Way of Northern New Jersey's Annual Caregiver Conference will be held on Saturday, October 22nd. Finally, 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.

Remember to stop by during our Open House on Saturday, September 17th from 12:00 p.m to 3:00 p.m. and to register for our annual Candle Lighting on Thursday, November 3rd, and "Getting Better With Age" Wine Tasting fundraiser on Friday, November 18th.

Lastly, in the beginning of October we will be mailing out our annual caregiver survey. Please take the time to give us your honest feedback about our program and services. The information we gather through these surveys helps us to better address the needs of our families. The results also assist us when we apply for grants and write proposals for funding. I thank you in advance for your support in answering and returning the survey.

Best wishes for a wonderful fall!

See you at the ADC!

Sincerely,

Diann Robinson

Diann Robinson
Executive Director

Register 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.

Click [here](#) to learn about how you can help, or check our our website for more information.



Master Kim from Black Belt World in Somerset with his students.

Thank you Black Belt World!

Thank you to Master Kim of Black Belt World in Somerville for bringing his students for two different demonstrations in August. The young, enthusiastic and dedicated students showed their moves, kicks, discipline and spirit to our members. Our members smiled and congratulated them on their accomplishments. Master Kim visits the ADC two times per month and leads members through a specially tailored exercise routine. Click [here](#) to see more photos on our Facebook page.

Fall Open House

We are hosting our annual fall Open House on Saturday, September 17th from 12:00 p.m. to 3:00 p.m. immediately following our monthly Caregiver Support Group meeting. This is a great time to visit if you aren't able to stop in during the week and want to learn more about us. Our special exhibition of paintings by Les Floyd is on display. Light refreshments will be served.

National Adult Day Services Week

We will celebrate National Adult Day Services Week during the week of September 19th to September 23rd. The week will kick off with an open house on Saturday, September 17th from 12:00 p.m. to 3:00 p.m. We have planned a full week of activities, Monday through Friday, highlighting our programs and the importance of adult day centers. We have invited local dignitaries to participate with us. We will end the week with an "Adult Day Services Social" on Friday, September 23rd at 1:00 p.m.

Our Annual Candle Lighting



On Thursday, November 3rd at 7:00 p.m. we will be hosting a special Candle Lighting ceremony. This is an evening to express compassion for those living with Alzheimer's and dementia, and to show our support and strength for caregivers. This event is open to the public and we invite you to bring friends and family who may be caregivers but not already affiliated with the ADC. Dessert and coffee will be served. If you are interested in attending, please call the ADC at [\(908\) 725-0068](tel:9087250068) to RSVP. Check out our [website](#) for

more information and to see photographs from last year.

Congratulations Diann!



ADC's Executive Director Diann Robinson is one of the honorees at the upcoming Spirit of Somerset Awards Dinner sponsored by Somerset Treatment Services on Tuesday, September 20th. She is being recognized for 25 years of service to the ADC and to Somerset County's older adults and their caregivers. If you are interested in joining ADC staff, board and members at the event, click [here](#) for a registration form.



Stacy celebrates 18 Years!

Stacy Scelfo joined the ADC as Social Worker for the ADC in 1999. In this role she is the first staff member to meet with potential members and their family. She answers initial inquiries, receives their applications and conducts home visits. Her main focus is on making sure our members are adjusting to participation in our program and providing support to our caregivers. She founded the Caregiver Support Group, held monthly on the 2nd Saturday of the month, with Executive Director Diann Robinson 16 years ago.

They have counseled hundreds of caregivers through their journey. This past month, Stacy celebrated 18 years with the ADC! Congratulations to Stacy on this milestone, and best wishes for many successful years!

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@adulthoodcenter.org. For more information, please review the attached flyer [here](#).

Caregiver Support Group: Fall Schedule

The ADC's Support Group will resume on Saturday, September 17th. Stacy and Diann will lead the discussion, "Catching Up After the Summer Break." We have invited eldercare attorney Tom Murphy from The Murphy Law Firm to join us on Saturday, October 15th. Click [here](#) for more information about the Support Group, our sponsor Unity Bank, and to learn about future topics and speakers.

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 Fridays, September 2nd, 9th, 16th, 23rd and 30th.

What's on our Walls?

We are pleased to present an exhibition of paintings by Somerville local artist, 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.

Birthday Buddies

Thank you to Doris Zampella and her team at E. A. Boniakowski Insurance Services for being our August Birthday Buddies.

We are in need of a sponsor for our September birthday party. If you are interested, please see our [website](#) for requirements. The party is scheduled for September 28th, but we are flexible.



Thank you to Doris Zampella and the E. A. Boniakowski team!

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.

September Activities

Our themes for September include Back to School, and celebrating National Adult Day Services Week from September 19th through September 23rd. This month's Creative Notions Art of the Masters workshop will look at Andy Warhol. We will be welcoming entertainer Mary Kay Lombardi, and taking members to Panera, Applebee's and Colonial Park.

Here is a [link](#) to our September 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.