

## April Update from the ADC

From: Adult Day Center of Somerset County (hilary.kruchowy@aduldaycenter.org)  
 To: hilarybrown@yahoo.com  
 Date: Monday, April 12, 2021, 05:00 PM EDT

Your Monthly Update from the ADC

ADC April Update



April 2021

[Facebook](#) | [Website](#) | [Donate](#)


### Monthly News From the ADC

Welcome to the 2021 April edition of the ADC monthly newsletter!

As we enter the 2nd quarter of 2021, we are optimistic that there is a light at the end of the tunnel. Our nurses are in regular contact with our members and their caregivers, and we have learned that many of them have been vaccinated. We are patiently waiting for guidance from the state for the policies and procedures we will need to have in place so we can re-open.

Please take the opportunity to read through this update. Our Getting Better with Age Wine Tasting will be held on Thursday, June 17th. We will be hosting a zoom meeting in conjunction with Hospice NJ on April 14th about the "Five Wishes" which is an alternative advance directive program that takes into account medical, spiritual, and emotional considerations. We are looking forward to our "Take Me Out to the Ballgame" drive through event at the building later this month and to recognizing our Volunteers in celebration of National Volunteer Week.

We welcome your feedback and invite you to get to know us better!

See you at the ADC!

Sincerely,

Diann Robinson

Executive Director

### Getting Better with Age 2021



Join us on Thursday, June 17th either in person at the Raritan Valley Country Club, or virtually, for our 23rd annual Getting Better with Age Wine Tasting fundraiser. For the first time we will be exploring the wines of Spain. Rich Scelfo of Carolina Wine Brands has invited Sergio Soriano from Baron de Ley to lead the tasting. To learn more, please visit our website or event page or contact our Director of Development for more information.

[Read More >](#)



### The ADC celebrated National Horticultural Therapy Week

ADC Executive Director Diann Robinson and Laura DePrado from Final Touch Plantscaping were honored to be joined by Somerset County Commissioner Paul Drake at the ADC's St. Patrick's Day Drive Through Event to receive a Proclamation in honor of Horticultural Therapy Week. New Jersey Horticultural Therapy Week celebrates increasing public awareness of the importance of horticultural therapy in improving the quality of life for all, and to increase opportunities for everyone to experience the endless benefits of plant therapy. Thanks to a partnership with the New Jersey Nursery and Landscape Association and Final Touch Plantscaping, the ADC celebrated National Horticultural Therapy Week. Members picked up the plant materials for their activity at the drive by and followed the instructions for assembly on a [video](#) posted on Facebook.

[Read More >](#)



### March at the ADC

The ADC held two drive through events in March. We celebrated both spring and St. Patrick's Day. We were happy to see our members with their caregivers. Thanks to our families and all of the volunteers who contributed to the success of the events. We are looking forward to our drive through, Take Me Out to the Ballgame on April 30th. To RSVP please email [Diann](#).

[Read More >](#)



### ADC and Hospice of NJ present "Five Wishes."

Please join us for a webinar on Wednesday, April 14th from 6:00 p.m. to 7:00 p.m. to learn about "Five Wishes." Five Wishes is America's most popular living will because it is written in everyday

language and it helps people express their wishes where it matters most. It includes considerations for personal and spiritual preferences in addition to medical and legal issues. It is also a blueprint for describing what good care means to you and detailing to your family exactly what you want. To RSVP or if you have any questions, please email [Hilary](#).

Next Friday, April 16th, is National Healthcare Decisions Day!  
Celebrate by joining our Five Wishes webinar on  
Wednesday, April 14th at 6:00 p.m.

### April Activities at the ADC

Our weekly schedule is shared on Friday afternoons on our website, Facebook page, and by email. We are looking forward to our monthly birthday drive by on April 28th and our Drive Through on April 30th. We are hosting two special Zoom events: Name that Tune with DJ Joe on Friday, April 9th and Music with Gary Morton on Friday, April 16th. To participate, please email [Diann](#)



### March Birthdays at the ADC

As we have shared before, birthdays are a big deal at the ADC! We are missing our Friday afternoon socials and monthly birthday parties. Here are some photographs from our [March](#) Birthday Celebration. The staff met at the ADC and travelled to visit our members at home. We loved seeing our members and making them feel special. We look forward to celebrating again this month on Wednesday, April 28th.

### Caregiver Resources and Education

Caregiver Coalition of the United Way of Northern NJ has an upcoming "Munch and Learn" program on "Alternative Approaches to Pain Management" to be held on **Tuesday, April 13 from 10:00-11:00am**. Join Community in Crisis' Executive Director, Andi Williams, and Senior Education Coordinator, Brenda Miller, as they lead a discussion on safe

prescribing, safeguarding and safe disposal of opioids, as well as several brief videos from professionals specialized in alternative approaches to pain management. Click [here](#) to register.

**Alzheimer's NJ** is offering a program called "Bring Back the Joy." This is a free virtual workshop that will provide caregivers with practical tips and tools on how to use music to connect with a loved one with dementia, manage challenging behaviors, and improve communication. Facilitator Jan Maier, RN, BSN, MPH, will also share information on the latest brain science and research that identifies cognitive and emotional benefits of engaging individuals with dementia through music. Click [here](#) for more information.



**About the newsletter**

Please email Hilary Kruchowy at [hilary.kruchowy@adulthoodcenter.org](mailto: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 our schedule for the week and news of what is happening at the Center. Please "Like" us and check out our photographs. To date we have over 800 followers.

The Adult Day Center is a nonprofit 501(c)(3) that raises a portion of its operating funds through donations from individuals, corporations, and foundations. Individual contributions are directed to the Annual Fund which is the foundation of our philanthropic support. These gifts constitute the most important source of unrestricted funds available and allow the ADC to offer a sliding scale for payment when appropriate. Giving to the Annual Fund is an opportunity to donate and to provide sustained on-going support for our mission.

**Donate Now**



**Stay Connected**

Please keep in touch and visit our Facebook page!

[Unsubscribe](#)

[Adult Day Center of Somerset County](#)  
872 E. Main Street Bridgewater NJ 08807