



Presenting our January newsletter



Member Mabel Choy and ADC Activity Director Jane Kappus toast the New Year.

Dear Friend of the ADC,

Happy New Year from your ADC family! We hope you enjoyed the holidays with your family and friends. We are back to our regular schedule and have a full calendar of activities for January including a special winter brunch on January 15th. We will also have a celebration of our Activity Professionals on Friday, January 22nd. Please read below for some highlights.

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)

See you at the ADC!

Sincerely,

Diann Robinson
Executive Director



In This Issue:

- * Save the Dates for our 2016 Generations Gala in June and Wine Tasting in November.
- * Caregiver Support Group will meet on Saturday, February 20th.
- * The ADC celebrated the holidays last month.
- * ADC will celebrate Activity Professionals Week from January 19th to 22nd.
- * Highlights from the results of our 2015 Caregiver Survey
- * Special January Programs

Regular features:

- * Caregiver Café is open on Fridays.
- * RSVP for a Third-Thursday Tour.
- * Join us as a "Birthday Buddy" on a Fourth Friday: sponsors are needed for 2016.

Please save the date for our 2016 Fundraising Events

Our Sixth Annual Generations Gala will be held on Thursday, June 9th at The Palace at Somerset Park. We will announce our honorees soon. In the meanwhile sponsorship opportunities are available [here](#). We hope that having this information now is useful for planning purposes. Our 18th Annual Wine Tasting event will be held at the Basking Ridge Country Club on Friday, November 18th. Committees for both are forming now. If you are interested in helping, please contact Hilary Kruchowy by email at hilary.kruchowy@adulthoodcenter.org or by phone at [\(908\) 725-0068](tel:9087250068).

The Caregiver Support Group will meet on Saturday, February 20th

The Caregiver Support Group will meet on Saturday, February 20th from 9:00 a.m. to 12:00 p.m. Please RSVP to Stacy Scelfo or Diann Robinson if you are planning to attend, or if you plan to stay for lunch, to [\(908\) 725-0068](tel:9087250068).

Schedule for 2016

January 9th	July 16th
February 20th	August - no group - summer break
March 12th	September 10th
April 9th	October 15th
May 14th	November 12th
June 11th	December 10th

The ADC staff love the holidays and enjoy making the most of it for our members and caregivers. Throughout the month, they presented special programs that got us all in the festive mood including our holiday concert with Gary Morton. Members and staff performed choral and solo pieces. Under the leadership of MaryAnn Royce-Koehler, Craft Director, with the help of Kitchen Assistant Kathy Giordano, the Craft Bazaar made close to \$2,000 in revenue that will be used to offset their craft and cozy kitchen budgets.

Our Annual Friends and Family Reception was held on Wednesday, December 18th. We believe we had more than 80 members and 50 caregivers who attended. Everyone had a wonderful time getting to know each other and dancing to music provided by DJ Gary Morton. Thank you very much to the Castaneda Family for providing the refreshments. Their thoughtfulness and generosity is very much appreciated by all of us. In addition to underwriting the party, Edna Castaneda surprised everyone with an announcement of a matching gift from her employer for all of the family's donations in 2015. Thank you for all you do for the ADC!

We toasted in the New Year as an ADC family with sparkling cider on December 30th. DJ Joe Lomostro was our guest DJ and he kept the crowd on their feet with a great mix of oldies and modern day hits.

Finally, we send out a big thank you to Sean Balke and NJ Tree for supplying us with several gorgeous live Christmas trees. Sean picks out, delivers and sets up trees at the ADC every year.



The Castaneda Family brought and made refreshments for our holiday reception

Activity Professionals Week is January 19th through January 22th

In conjunction with the National Association of Activity Professionals (NAAP), we will be celebrating Activity Professionals Week from Tuesday, January 19th to Friday, January 22nd. NAAP was formed in 1981 by activity leaders who are committed to providing 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 "Creating Miles of Smiles."

According to the NAAP, the definition of an Activity Professional is one who treasures each member's history, respects their needs, and enables their potential and dreams to be recognized. Our staff exemplifies the highest ideal of these professionals. They are on the front line, interacting with members all day. They greet them as they enter, lead the morning and afternoon programs, serve lunch, and help get members into their cars or onto buses at the end of the day.

The ADC attributes its reputation for outstanding care and compassion to the longevity and dedication of its activity staff many of whom have been on the team for tenures of ten years or

more. Our Craft Director, MaryAnn Royce-Koehler, will celebrate 30 years of service in October. Jane Kappus is the Activity Director and she has been with the ADC for 19 years. Activity Assistants Tina Crawford and BJ Jenerette have served for 14 years. Angela Scarpati was hired in 2007. Our newest staff members Nikki Hoffman (hired in 2014) and Kathy Xumphonphakdy, Linda Koche, Debbie Cocino and Adebayo Kareem all joined the staff in 2015.

When asked about the staff, Diann Robinson, Executive Director, explains "Our staff stays with us because they truly believe in our mission and enjoy working with our members." We will be celebrating this week with a social on Friday, January 22nd, when the team will be acknowledged for their years of service individually at a special presentation.

Highlights from the 2015 Caregiver Survey

Thank you to all of our caregivers who took the time to complete the 2015 Caregiver Survey. We received responses from 60 families out of 132 families. This is a 45% rate of return which was in line with 2014 results. The board 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. Here are some highlights that we would like to share at this time.

- 100% of our caregivers feel that ADC has been supportive of them as a caregiver.
- 96% feel reduced stress since using the Center.
- 64% of the caregivers who attend the monthly support group feel that it is excellent, and the other 36% feel it is very good.
- 96% of our caregivers feel that the ADC enables their family member to remain at home and avoid nursing home care.
- On a scale of 1 to 10 with 10 being outstanding, 70% of caregivers rate their overall experience with the ADC as a 10, 14% gave it a 9 and 12% gave it an 8.

Please remember that you can always contact the center if you have any suggestions about your loved one's participation in our program.

Special January programs

Highlights this month include a winter brunch on January 15th, van trips to Perkins, Chicken Holiday, Time to Eat Diner and Target. Creative Notions will be here on January 12th and Somerset County YMCA instructor Val was here for zumba on January 4th and Bobbi was here for Tai Chi on January 5th. We will welcome entertainer Lou B on January 8th and DJ/music therapist Gary Morton on January 27th.

Our monthly calendar can be found by clicking [here](#).

List of activities

January 8th - Caregiver Café

January 8th - Welcome Entertainer Lou B

January 8th - Van Trip to Perkins

January 12th - Creative Notions

January 14th - Van Trip to Chicken Holiday
January 15th - Caregiver Café
January 15th - Van Trip - Panatieri's Pizza
January 15th - Winter Brunch
January 18th - ADC Closed for Martin Luther King Day
January 19th - ADC Board of Trustees Monthly Meeting
January 21st - Third-Thursday Tour
January 22nd - Caregiver Café
January 22nd - Activity Professionals Social
January 25th - Van Trip to Time to Eat Diner
January 26th - Van Trip to Target with Lunch
January 27th - Karaoke with Gary Morton
January 29th - Caregiver Café
January 29th - Monthly Birthday Party

Regular Features

Caregiver Café is open!

The Caregiver Café is hosted by Linda Lee, a Center caregiver and volunteer, from 9:30 a.m. to 11:00 a.m. Stop by and meet other caregivers who are facing the same challenges as you. This month the Café will be open on Friday mornings, January 8th, 15th, 22nd and 29th.

RSVP for a Third-Thursday Tour

Please join Executive Director, Diann Robinson, on a Third-Thursday Tour this month on January 21st. Upcoming dates for 2016 include February 18th and March 17th. If these dates don't work, give us a call and let us know when you are available. Times can be set to fit your schedule.

Become a "Birthday Buddy" (Sponsors needed for 2016)

Each month, usually on the fourth Friday, we celebrate members' birthdays. The responsibilities of the sponsor include purchasing and wrapping gifts (minimum value of \$15, usually for 7-8 members), bringing a sheet cake and sugar-free cookies, and joining us for the party on the designated date from 1:00 p.m. to 2:00 p.m. Sponsors present the gifts and join in on the overall celebration and dancing. If we don't have a sponsor, the ADC purchases the birthday gifts. If you aren't able to participate as a group, would you please consider a gift card to Walmart, Target or Kohls? Any amount is greatly appreciated.

To publicize the event, we take photographs at the party and send out press releases to the local papers. We put photos on our Facebook page that currently has almost 450 followers, and include the story in our e-newsletter that currently has nearly 900 active addresses.



Thank you to the Considine Family for sponsoring our December party!

*** About the newsletter**

Please email Hilary Kruchowy at hilary.kruchowy@adultdaycenter.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 900 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 how your loved one is spending their day. To date we have almost 450 likes.

*** 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.