



Dear Friend of the ADC,

Welcome to the 2016 March edition of the Adult Day Center's monthly newsletter!

We are counting down the days to spring and looking forward to being able to enjoy our patio and garden. Programs of note this month include our St. Patrick's Day party on March 17th and Easter Celebration on March 24th. Some of our members are already signed up for the spring chorus scheduled for April 20th and are practicing with Gary Morton.

Please take the time to read this newsletter. Journal ads and tickets are now available for our Generations Gala on June 9, 2016, at The Palace at Somerset Park. We are pleased to be honoring Neil Van Cleef and Raritan Valley Community College.

Registration is open for the March 29th "Munch and Learn" we are hosting on behalf of the United Way of Northern New Jersey, for our April 13th evening education program focusing on planning for the future and for Empower Somerset's weekly Managing Your Health Series that starts on March 24th.

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

See you at the ADC!

Sincerely,

*Diann Robinson*  
Diann Robinson  
Executive Director

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## Generations Gala

The Generations Gala, our premier annual fundraising event, will be held this year on Thursday, June 9, 2016, at The Palace at Somerset Park at 5:30 p.m. This year we will honor Neil Van Cleef as our Individual Honoree, for his loyal and consistent support of the ADC and Somerset County. Our Community Partner is Raritan Valley Community College.

Mr. Van Cleef and Van Cleef Engineering Associates have been long-time supporters of our agency through our capital campaign and our gala. Widely known for his impact in Hillsborough, he is honored to be a part of this event.

We have been a community partner of Raritan Valley Community College for more than 20 years. Hundreds of students have volunteered with us through the college's Service Learning Program. We are pleased to recognize this affiliation.

The success of the Generations Gala is instrumental to the financial stability of the ADC. We hope that you will consider joining us at the dinner or placing an advertisement to congratulate the honorees or to express your appreciation of the ADC.

[Click here for Sponsorship Information.](#)



Pictured above: Gala Chair Ken Scherer; RVCC student, Ryan Badalamenti and Michael McDonough, President, Raritan Valley Community College.



Thank you New Road School.

mount the pieces and deliver them to the ADC.

## What's On Our Walls?

The ADC presents a variety of exhibitions on its professional hanging system throughout the year. Currently, we are featuring artwork from students at the New Road School. The ADC has been partnering with New Road for the past five years. Students are accompanied by job coach Carole Rynn from Tuesday through Thursday and help set up for lunch, assist activity staff with their programs and provide an extra set of hands for our facility manager. We give special thanks to Carole Rynn! She noticed that we hadn't changed the art in a while and asked if she could help. She worked with her colleagues at New Road to locate artwork,

## Caregiver Support Group: Upcoming Dates and Topics

Here are the dates and topics for upcoming caregiver support group meetings.

**Saturday, April 9th** - Our guest speaker is Gregg Lubinsky, the center's consulting pharmacist. His presentation is called "How to Get the Most out of Doctors Visits and Tips For Better Communication." Caregivers are welcome to bring their medicines or those of their loved ones for him to look through. If you don't bring the medication, please make sure you bring a list of prescriptions and dosages.

**Saturday, May 14th** - Guest Speakers: Cintia Vargas and Clare Zeszotarski of Fox Rehabilitation Services.

**Saturday, June 11th** - Guest Speaker: Rose Berger, MSW, Coordinator of Education and Outreach for the Alzheimer's Association of Greater New Jersey.

Click here for more information about the support group. Please RSVP to Stacy Scelfo by email at [sscelfo@adulthoodcenter.org](mailto:sscelfo@adulthoodcenter.org) or by phone at (908) 725-0068 to confirm your attendance.

## Dr. Seuss' Birthday

Thank you to Compassionate Care Hospice's Mary Ellen Day and volunteers Renee LaCamera and David Pincus for helping members to celebrate Dr. Seuss' birthday on March 2nd. During the activity Mary Ellen and her team read one of his books, they talked about Dr. Seuss' life history and engaged the members in a discussion about how the books had an impact on their life.

Do you have a special talent or interest you would like to share with us? Contact our Activity Director to see if there is a way she can incorporate you into our calendar. She can be reached by email at [adcjane@yahoo.com](mailto:adcjane@yahoo.com).



Pictured above: Mary Ellen Day, Renee LaCamera and David Pincus of Compassionate Care Hospice with members Anita Vara and Eve Molloy.

## ADC Presents Our Wish List

Each year ADC staff is given a chance to build our Wish List. We identify equipment and tools we need and that will add to our ability to present stimulating and engaging programs as well as to monitor our member's health. This is our 2016 Wish List.

With a donation of \$2,500 we would purchase the following:

Furniture for the therapy kitchen (tables and chairs). The tables and chairs we use now are from the old building and are getting hard to keep clean and are showing general wear and tear.

With a donation of \$1,000 we would purchase the following:

2 Bose Stereo Systems to bring music to the activity rooms and cafeteria.

With a donation of \$500 we would purchase the following:

Laptop computer to help us with keeping attendance, making presentations in the community and providing another work station for volunteers.

Nikon E3200 DSLR Camera to upgrade the quality of our photographs

LCD Projector for staff training and board presentations

2 New Blood Pressure Machines

With a donation of \$250 we would purchase the following:

Apple wireless base station and extender for WiFi

Sound bar for activity room

New bingo set with boards

Therapeutic musical instrument set

Salon supplies (new rollers, towels, brushes combs, nail-care items)

With a donation of \$100 we would purchase the following:

Kitchen tools and utensils for the therapy kitchen



Pictured above: 2015 Committee Members  
Andy Zangara, Lorraine Nicholls, Dave Tucker  
and Lynn Fazen.

## 2016 Wine Tasting!

The planning committee for the 2016 wine tasting will start meeting monthly in March. We are looking for additional members. Can you commit to recruiting a table of 10, soliciting auction items or making follow up calls and visits to solicit journal ads? Please think about joining us. Please call Hilary Kruchowy for more information. [\(908\) 725-0068](tel:9087250068). Check out our website [here](#) for more information.

## Birthday Buddies

We have wonderful news! We have been fortunate to schedule Birthday Buddies for every month this year except for September and November. Thank you to the following for agreeing to make the day of our members:

Brandywine Senior Living at Middlebrook Crossing (March and December)

Hunterdon/Somerset Board of Realtors (April)  
New Road School (May)

Cindy Meyer and the Meyer Family (June)

Bill and Lisa Weber (July)

E.A. Boniakowski Insurance Services (August)

The Huber Family (October)



Happy February Birthdays to Mabel Choy and Eve Molloy!

## Thank you Bound Brook Garden Club



Thank you to Board Member Lynn Fazen for inviting members of the Bound Brook Garden Club to work with our members. Volunteers and members worked together to make flower arrangements for our Valentine's Day Social.

## Sign up for "Taking Control of Your Health."

Through a collaboration with Empower Somerset, ADC caregivers are invited to participate in "Taking Control of Your Health." This is a six-week program designed especially for caregivers with any ongoing or long-term health conditions. The sessions will focus on how to: manage your symptoms; get started with healthy eating and exercise; communicate effectively with your doctor; manage fear, anger and frustration; and make daily tasks easier. The program will be offered on Thursday mornings from 10:00 am. to 12:00 p.m. from March 24 through April 28th. 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](mailto:drobinson@adulthoodcenter.org). Click [here](#) for more information.

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## Thinking Ahead: Planning for the Future for You and Your Loved One

Please join us for a night of information and fellowship at the center on Wednesday, April 13th, from 6:00 p.m. to 8:00 p.m. Light refreshments will be served. Thomas Murphy, Elderlaw Attorney, The Murphy

Law Firm will present "Healthy, Wealthy and Wise." Brad Mehl, CFP®, Associate Vice President and Financial Advisor, Morgan Stanley, will present "Disciplined Giving is Part of a Healthy Financial Life." This event marks the second in a series of educational events that focus on planning for the future. You may reserve a spot now by contacting Hilary Kruchowy, Director of Development by email [hilary.kruchowy@adulthoodcenter.org](mailto:hilary.kruchowy@adulthoodcenter.org) or by phone [\(908\) 725-0068](tel:9087250068).

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## The ADC is Hosting a United Way Munch and Learn

The ADC collaborates with the Caregiver Coalition of the United Way of Northern New Jersey. We are pleased to be hosting their March "Munch and Learn" on March 29th from 5:30 p.m. to 7:00 p.m.

The speaker is Kimberly Rescorla. Ms. Rescorla is Vice President and Senior Trust Officer with U.S. Trust, Bank of America Private Wealth Management in the Greater Tri-State Region, where she is responsible for overseeing account administration, delivering wealth structuring, trust, estate and philanthropic planning, as well as custom credit and cash management solutions to clients. Her topic is "Getting Organized: Tips for Financial Caregiving." She will cover some ways to organize you and your loved one's finances to help prepare for life's unpredictable moments, and manage crisis situations. Click [here](#) for a Link for the Munch and Learn Flyer

For more information on the United Way Caregivers Coalition Conference Series or any of the programs above click [here](#), email [CaregiversCoalition@UnitedWayNNJ.org](mailto:CaregiversCoalition@UnitedWayNNJ.org) or call [\(888\) 338-9227](tel:8883389227).

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## March Activities



We have a lot of celebrations planned this month starting with a visit from Elvis on March 4th, a performance by TS Project on March 11th, a St. Patrick's Day party on March 17th, the March birthday party on March 18th sponsored by Brandywine Senior Living at Middlebrook Crossing and our annual Easter celebration on March 24th.

Here is a [link](#) to our March calendar and a [link](#) to the list of activities on our website.

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## Additional Information about the ADC

### 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 950 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.

member agency