

March Update from the ADC

From: Adult Day Center of Somerset County (hilary.kruchowy@aduldaycenter.org)  
To: hilarybrown@yahoo.com  
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The ADC's March Newsletter

NEWS FROM YOUR ADC



March 2021



**Monthly News From the ADC**

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

*"If we had no winter, the spring would not be so pleasant"- Anne Bradstreet*

We are all looking forward to sunshine and warmer days, but in a way, the last year feels like one long winter. The pandemic has left many of us isolated, stuck at home, feeling anxious, missing family and friends, perhaps mourning loved ones lost to Covid-19 or struggling to provide for one's family. We all want to see these dark days behind us. Vaccines and safety protocols will hopefully help us to move forward out of the darkness, and when this long winter ends, the spring will never have felt so pleasant.

We are hoping that the increased availability of vaccines will help us move the ADC closer to re-opening our doors for in-person attendance. Until we can safely do so, the ADC will continue to offer Distance Programming to support our members and caregivers. We are in this together and together we will get through this.

Please take the opportunity to read through this update. 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 on medical, spiritual and emotional considerations. We are looking forward to having two drive through events at the building later this month and to recognizing Horticultural Therapy Week with Laura DePrado of Final Touch Plantscaping on Friday, March 19th.

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

See you at the ADC!

Sincerely,

Diann Robinson  
Executive Director



**Save the Dates and Stay Tuned**

We have tentatively set the dates for our two fundraising events.

Getting Better with Age Wine Tasting - June 17 at Raritan Valley Country Club. We are envisioning a hybrid event with outdoor, socially distanced attendance and a virtual experience to enjoy from the comfort of your home. If you would like to get involved, please email [Hilary.Kruchowy@adultdaycenter.org](mailto:Hilary.Kruchowy@adultdaycenter.org).

Generations Gala honoring Jim Hughes - November 16 at The Palace at Somerset Park. We are delighted to announce that the honoree for our Generations Gala is Unity Bank President and Chief Executive Officer James Hughes. We are hoping this will be an in-person event.

**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](mailto:Hilary).



**The ADC will celebrate National Horticultural Therapy Week**

Thanks to a partnership with the New Jersey Nursery and Landscape Association and Final Touch Plantscaping, the ADC will celebrate National Horticultural Therapy Week. As with everything this year, we are pivoting to a virtual celebration. Interested members may request materials for their project by Monday, March 15th for pick up at the drive through on March 17th. The video featuring our friend Laura DePrado of Final Touch Plantscaping with instructions about the activity will be posted on Facebook on Friday, March 19th. To participate, please email [Diann](mailto:Diann).

**Share a Coke and a Smile Drive Through**

The ADC celebrated National Polar Bear Day with a drive through for its members and caregivers. February 27<sup>th</sup> is declared National Polar Bear Day and it focuses the community's attention on conservation efforts and learning more about the fabulous polar bear. We adopted this day of recognition and made it along with "Share a Coke & a Smile" the theme of our February drive through. We were happy to see approximately 40 members with their caregivers. Thanks to our families and all of the volunteers who contributed to the success of the event. To learn more, please click [here](#). We are looking forward to our drive through events on March 17th and March 26th. To RSVP for one or both, please email [Diann](mailto:Diann).



**Caregiver Resources and Education**

Caregiver Coalition of the United Way of Northern NJ has an upcoming "Munch and Learn" program on Emergency Preparedness on Tuesday, March 30th from 10:00 a.m. to 11:00 a.m. Speaker, Beth Rowan, founder, and president of Evergreen Ally will give you the tools to avoid the fear and anxiety that lead many people to avoid planning for emergencies. (Click [here](#) for more information).

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.

#### Happy February Birthdays!

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 [February](#) 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, March 31st.



#### March Activities and Schedule

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 March 31 and our Drive Throughs on March 17th and March 26th. We will be celebrating Horticultural Therapy week during March 15th through March 19th. To participate, please email [Diann](#).



#### 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

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appropriate. Giving to the Annual Fund is an opportunity to donate and to provide sustained on-going support for our mission.



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