



## Presenting our August newsletter...

Dear Friend of the ADC,

The summer is flying by and we have lots of good news to report. Our enrollment continues to grow and we are taking care of more members than ever. The mural project will be launched at the end of the month and we are looking forward to its completion in the early fall. We are pleased to announce a new collaboration with Empower Somerset which is offering a special stress-management workshop for our caregivers. Please take the time to read through this email for further details about the above, and to take note of our upcoming fall events, including: our open house on September 12th; wine tasting on October 23rd; annual candle lighting on November 5th; and education event presenting eldercare attorney Tom Murphy and financial planner Bob Milligan of Morgan Stanley on September 30th.

As always, I invite you to attend one of our Third-Thursday tours (this month on August 20th) or to consider becoming a sponsor for an upcoming birthday party. We love to show off the good work of our committed staff and volunteers.

Best wishes for a wonderful end to your summer.

See you at the ADC!

Sincerely,

Diann Robinson  
Executive Director



*Happy Summer!*

**In This Issue:**

- \* Join us for "Getting Better With Age" Wine Tasting.
- \* Next Support Group Meeting is scheduled for September 12th
- \* You are invited to an informational event on September 30th
- \* ADC Welcomes Volunteers from Care One at Somerset Valley
- \* Feature on Summer Volunteers
- \* Sign up for Empower Somerset's "Bridge to Success" special educational series for caregivers
- \* ADC is participating in the United Way's Tools for Schools Drive
- \* What's on our Walls?: Staff Project: All About Us II
- \* Artists Needed for Fall and Winter Exhibits
- \* United Way of Northern NJ Caregiver Coalition upcoming programs
- \* Special August Programs
- \* Mark Your Calendars for Future 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 2015

**Save the Date for our "Getting Better With Age Wine Tasting"**

Our 17th Annual "Getting Better with Age" Wine Tasting will be held on Friday, October 23th 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 comprising of specialty high-end experiences and items.

How can you help?

- \* Join us on October 23rd, recruit your friends and reserve a table!
- \* Know a local business that may be willing to place an ad in the journal? Please put us in touch.
- \* Donate a gift certificate or item to the silent auction. Pick up a gift certificate from Target, Toys 'R Us, Walmart or Costco while you are shopping, and drop it off at the Center.
- \* Do you know a local business that may be willing to make a donation to the auction? Please share this email.

For more information about attending or making a donation, please contact Hilary Kruchowy at [\(908\)725-0068](tel:9087250068); or via email [hilary.kruchowy@adulthoodcenter.org](mailto:hilary.kruchowy@adulthoodcenter.org). Click [here](#) to review the sponsorship forms.



*Pictured above: Members of the wine tasting committee: Andy Zangara; Lorraine Nicholls; Event Chair Dave Tucker and Lynn Fazen. Other members include Heidi Alles, Christine Flanagan, Cynthia Hollod, Patrick McDermott and Anita Ventantonio.*

### **The Caregiver Support Group will meet on September 12th**

The Caregiver Support Group will meet on Friday, September 12th. If you wish to attend, please RSVP to our social worker Stacy Scelfo via email [sselfo@adulthoodcenter.org](mailto:sselfo@adulthoodcenter.org). Please note we will not hold a Support Group Meeting in August.

The schedule for 2015 is as follows:

September 12th	November 14th
October 3rd	December 12th

**ADC will Host an Educational Event on September 30th**

Please join us for a night of information and fellowship at the center on Wednesday, September 30th from 6:00 p.m. to 8:00 p.m. Light refreshments will be served. Our featured speakers include eldercare attorney Tom Murphy and Bob Milligan, Senior Vice President at Morgan Stanley. They will speak about legal and financial implications of caregiving, and provide recommendations for how to prepare for all of the different scenarios that are faced throughout the journey.

**ADC Welcomed Volunteers from CareOne at Somerset Valley**

Special thanks to CareOne at Somerset Valley for their sponsorship of our July birthday party and "Lucy Lives" performance on August 7th. Located on Route 22 on the Bound Brook/Bridgewater border, CareOne at Somerset Valley's campus offers complete clinical programs including seven-day-a-week sub-acute rehabilitation, specialized clinical care and long-term care. Their new assisted living facility is opening in the early fall, and they hope to be a partner for our ADC caregivers. Keith Balsam, Director of Sales & Marketing, looks forward to helping us present additional special programming in the future--including a special horticultural therapy workshop with Laura DePrado of Final Touch Plantscaping on September 9th.



*CareOne at Somerset Valley were our July birthday buddies.*

### **Feature on Summer Volunteers**

Volunteers are very important to implementing our program. They are an extra set of hands during our activities and lunch service and they also provide one-on-one companionship to members. This summer we welcomed new and returning student volunteers, including three grandchildren of our members: Emily Donlin, granddaughter of Bill DeSantis; Danielle Kraft, granddaughter of George Kraft; and Alex Cole, grandson of Ben Lerman. Other summer volunteers include Abbe Strauss, Megan Hill-Glover, Madison Hill-Glover, Leila Hill-Glover, Danyaal Tayyabhkan, Kathy Xumphonphakdy and Divya Rangarajan. Thank you for your time, patience and compassion! We hope to see you again next summer!



*ADC Member George Kraft with his granddaughter Danielle*

### **Sign up for Empower Somerset's "Bridge to Success" special educational series for caregivers**

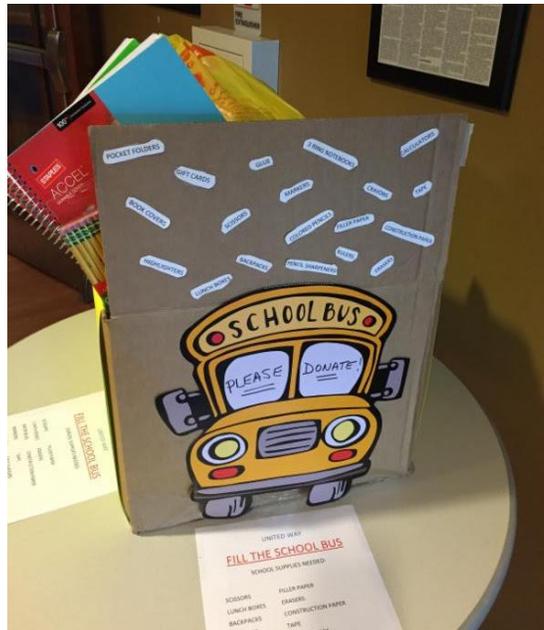
Through a collaboration with Empower Somerset, ADC caregivers are invited to participate in "Bridge for Success for Caregivers." This is an eight-week program designed especially for caregivers. The sessions will focus on: how to achieve higher levels of stress management by developing coping skills; finding time for relaxation and inward reflection; and releasing feelings of depression and anxiety. The program will be offered on Thursday mornings from 10:00 am. to 12:00 p.m. from September 24th through November 19th. 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 [d Robinson@adulthoodcenter.org](mailto:d Robinson@adulthoodcenter.org).

## Please support our Tools for Schools drive

ADC is helping children in our community to get ready for the new school year. We are collecting school supplies and bringing them to a United Way collection site on August 18th. The list of supplies that is requested is as follows:

Backpacks	Crayons	Markers
Band-aids	Erasers	Pencil cases
Binders/3 ring notebooks	Filler paper	Pencils/pens
Book covers	Glue	Pockets folders
Calculators	Highlighters	Rulers
Colored pencils	Index cards	Spiral notebooks
Construction paper	Lunch boxes	Tape

If you wish to participate, please bring your items to the ADC by Friday, August 14th. The collection box is in the main entrance. Help make this a great school year for Somerset County's students!



*The drop off box for Tools for Schools is in our lobby.*

## What's on Our Walls?

### All About Us II (August 3rd - December 31st)

The ADC is pleased to present our second "All About Us" exhibition that is being hung this week.

To date, we have compiled storyboards for more than half of our 120 plus members. Each piece includes a current photo, historical photo and facts about the individual's life. Thank you to volunteers Kathy Murphy and Lynn Fazen for the hours they have spent collecting the information, preparing the photos and text and putting the boards together. If you haven't submitted information for your loved one, it is not too late!



*Pictured above: Member Edith Douglas on vacation in Greece with her husband.*

#### Artists Needed for Fall and Winter Exhibitions

ADC is looking for groups of artists to create exhibitions at the center. An ideal group would include 15 artists who would lend 3-5 pieces of their work for special exhibitions. We are focusing on work (paintings and drawings) that can be hung on our hanging system, and everything lent must be "ready to hang." Work can be for sale, and will be labeled with the artist's contact information. We will host an exhibition opening that will be promoted to our members, family and supporters during the exhibition run. Past exhibitors included the Raritan Valley Art Association, ARTSee of Somerset County, Students from Bridgewater/Raritan High School and Immaculata High School, and Loren Fisher's Somerset Photography Meetup Group. Please call Hilary Kruchowy at [908\) 725-0068](tel:9087250068) if you would like more information.

#### Caregiver Coalition of United Way of Northern NJ Upcoming Programs

The United Way of Northern New Jersey is proud to announce the inaugural United Way Caregivers Coalition Conference Series, designed to help unpaid family caregivers navigate challenges across the lifespan. Beginning in September and concluding in April, this annual regional conference series will explore topics designed to provide family caregivers with valuable information from local experts and connections to local resources. Mark your calendar now and save the date for these extremely informative and helpful events.

### **Conference Series Schedule**

Saturday, September 12, 2015 - Warren County Community College, Washington  
Saturday, November 7, 2015 - Church of the Immaculate Conception, Montclair  
Saturday, November 14, 2015 - Good Shepherd Lutheran Church, Somerville  
Saturday, April 2, 2016 - Ukrainian American Cultural Center, Whippany  
Saturday, April 16, 2016 - Newton Medical Center, Newton

A light complimentary breakfast and lunch or snack will be provided at each conference. For more information on the United Way Caregivers Coalition Conference Series, click [here](#), email [CaregiversCoalition@UnitedWayNNJ.org](mailto:CaregiversCoalition@UnitedWayNNJ.org) or call 1.888.33UWCARES ([888.338.9227](tel:888.338.9227)).

### **August Programs**

This month we will continue to feature our favorite things of summer--spending time outside when possible and discussing Lucille Ball, music of the 1960's, and the beach. We are still looking for a sponsor for our August birthday party. Creative Notions of Rockaway will present the work of Alphonse Mucha, a Czechoslovakian Art Nouveau artist, whose work featured an ornate style in stained glass colors, elaborately curving lines and ethereal women. During the hands-on session, members will have the opportunity to recreate a famous Mucha painting. Our mural project will start on August 21st. Click [here](#) to see the full calendar of activities.

### **List of activities:**

August 11th - Creative Notions of Rockaway - Art of the Masters  
August 11th - Tai Chi with Bobbi from the Somerset County YMCA  
August 11th - Van Trip to Five Guys  
August 12th - Emotions with Gary Morton  
August 13th - Pastor Tom Visits  
August 14th - The 60's Hippie Social  
August 14th - Caregiver Café  
August 17th - Van Trip to Applebee's  
August 19th - Welcome Nick Ferriero on Acoustic Guitar  
August 19th - Tae Kwon Do with Master Kim  
August 20th - Director's Tour  
August 21st - Caregiver Café  
August 21st - Tae Kwon Do Demo Team and Ice Cream Party  
August 21st - First Session of the Mural Project  
August 25th - Van Trip to Walmart & Pizza  
August 26th - Patio Fun With Gary Morton  
August 28th - Monthly Birthday Party  
August 28th - Caregiver Café

### **Mark Your Calendars**

September 6th - ADC is closed in celebration of Labor Day.  
September 12th - Annual Open House in celebration of National Adult Day Services Week during the week of September 13-19, 2015. This year's theme is "Adult Day Services: Living Well Into the

Future."

September 30th - Special Education Program focusing on "Planning for the Future."

October 23rd - Wine Tasting

November 5th - Candle Lighting

### **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 August 14th, 21st, and 28th.

#### **RSVP for a Third-Thursday Tour**

Please join Executive Director Diann Robinson on a Third-Thursday Tour, this month on August 20th. Upcoming dates for 2015 include September 17th, October 15th and November 19th. If these dates don't work, give us a call and let us know when you are available.

#### **Become a "Birthday Buddy" (Sponsors are needed for the fall.)**

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. If your budget allows (\$100-\$125), you are asked to consider sponsoring an outside DJ who will play the members' favorite songs and keep the party moving. 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, which currently has over 400 followers, and we include the story in our e-newsletter, which currently has nearly 650 active addresses.



*Care One at Somerset Valley was the sponsor of the July birthday party.*

**\*\_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 650 active addresses 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 have over 400 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.

*Celebrating 38 Years of Extraordinary Service in Somerset County*