



Presenting our January newsletter...



Members Edith and Edwarda 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 Winter Wonderland Party on Friday, January 16th put together by the entire ADC staff. We will also have a celebration of our Activity Professional's on Friday, January 23rd. 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 8:00 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 Date for our 2015 Generations Gala.
- * Announcing our Winter Exhibition featuring art work from students at Immaculata High School.
- * ADC will celebrate Activity Professionals Week from January 20th to 23rd.
- * Special January Programs
- * Caregiver Support Group will meet on January 10th.

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 2015 Generations Gala on May 28th

The Generations Gala, our annual fundraising gala, will be held this year on Thursday, May 28th, 2015, at the Palace at Somerset Park at 5:30 p.m. Please mark your calendars and plan to join us for our major fundraising event that raises significant operating revenue for the ADC. Please click [here](#) for sponsorship information.

Immaculata High School Students To Exhibit this Winter

An exhibition of art by students from Immaculata High School will be on view from January 9th through February 15th. The show includes 26 pieces from 19 different students. Organized by Ms. Deirdre Rosinski, Chair of the Art Department at Immaculata High School in Somerville, it represents work from four different classes including Art I and Art II, Digital Photograph and Digital Design. An opening reception is planned for Saturday, February 7th from 1:00 p.m. to 3:00 p.m. You can see the show during business hours Monday through Friday, from 7:30 a.m.

to 4:30 p.m. and on Saturday, January 10th from 10:00 a.m. to 2:00 p.m.

Activity Professionals Week is January 18th through January 24th

In conjunction with the National Association of Activity Professionals (NAAP), we will be celebrating Activity Professionals Week from Tuesday, January 20th to Friday, January 23rd. 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.

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.



Special January programs

This month we will be celebrating Activity Professionals Week with a Social on January 23rd and featuring winter-themed activities, such as snowflakes, igloos and snowmen. Members are taking van trips to Olive Garden, Panatieri's Pizza, IHOP and Target. Creative Notions will be here on January 13th and Horticultural Connections will take place on January 7th and 20th. Somerset Valley YMCA instructors will be here for Tai Chi on January 6th and Zumba on January 5th. We will welcome Gary Morton on January 7th and 12th, Devon and Athenia on January 9th and the Spring Hills Bell Choir on January 12th. The entire ADC is planning a Winter Wonderland Party for Friday, January 16th.

List of activities

January 9th - Caregiver Café
January 9th - Van Trip to Olive Garden
January 9th - Welcome Devon and Athenia
January 12th - Spring Hills Bell Choir
January 13th - Creative Notions
January 15th - Van Trip - Panatieri's Pizza
January 16th - Caregiver Café
January 16th - Winter Wonderland Party
January 19th - ADC Closed for Martin Luther King Day
January 20th- Horticultural Connections

January 21st - Emotions with Gary Morton
January 21st - Board of Trustees Meeting
January 22nd - Third Thursday Tour
January 23rd - Caregiver Café
January 23rd - Activity Professionals Social
January 26th - Van Trip to IHOP
January 27th - Van Trip to Target with Lunch
January 30th - Caregiver Café
January 30th - Monthly Birthday Party

Caregiver Support Group will meet on January 10th

The Caregiver Support Group will meet on Saturday, January 10th. Join us for an informal discussion - "How did you manage through the holidays and what are your expectations for the New Year" and for a stress management workshop presented by Ruby Suresh. 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).

The schedule for 2015 has been set for these Saturdays:

February 14th	July 11th
March 14th	September 12th
April 11th	October 3
May 9th	November 14th
June 13th	December 12th

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 January 9th, 16th, 23rd and 30th.

RSVP for a Third-Thursday Tour

Please join Executive Director, Diann Robinson, on a Third-Thursday Tour this month on December 18th. Upcoming dates for 2015 include January 15th, February 19th and March 19th. If these dates don't work, give us a call and let us know when you are available.

Become a "Birthday Buddy" (Sponsors needed for 2015)

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 400 followers, and include the story in our e-newsletter that currently has nearly 650 active addresses.

Last month's birthday party was sponsored by the Somerset Valley Rehabilitation and Nursing Center. Our upcoming dates (can be changed for a group) are January 30th, February 27th and March 27th (reserved).



Thank you to Alecia Charlton and her colleagues from Somerset Valley Rehabilitation and Nursing Center

*** About the newsletter**

Please email Hilary Kruchowy at hkruchowy@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 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 have almost 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.



**United Way
of Northern New Jersey**

Celebrating 38 Years of Extraordinary Service in Somerset County
member agency