



## Presenting our July newsletter...



*Member Jim Atfield with his wife Bobbi and grandchildren*

Dear Friend of the ADC,

I hope you are enjoying your summer! Last week we hosted our annual ADC Family & Friends Picnic and it was our largest ever! It was a great event with good food and fantastic entertainment by DJ Gary Morton. Thank you to the staff and volunteers who worked so hard to make it a wonderful experience for our members and their families. Don't forget to check out our Facebook page to see photographs!

Last month, I had the chance to meet several of our supporters at our Annual Donor Appreciation event. I am humbled by these individuals and their commitment to our mission and the financial stability of our agency. As a non-profit we rely heavily on the support of individuals and businesses to keep our services affordable and to meet our operating expenses. I hope you will consider the ADC this year when it comes time to think about your philanthropic donations. If you would like to know more about how you can help ensure the ADC continues its longstanding commitment to the community, please contact Hilary Kruchow, Director of Development.

See you at the ADC!

Sincerely,

Diann Robinson  
Executive Director



*Happy Summer!*

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**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 comprised of specialty high-end experiences and items.

How can you help?

\* Join the planning committee! Are you willing to help recruit people to attend the event? Are you willing to make 8-10 contacts with businesses for journal ads or product donations? Our planning meetings are held at the Golden Corner Diner in Bound Brook at 8:00 a.m. on July 15th, August 5th and September 9th.

\* 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.

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

The Caregiver Support Group was held on Saturday, July 11th. Our guest speaker was Gregg Lubinsky, the center's consulting pharmacist. Please note we will not hold a Support Group Meeting in August. We will resume again on September 12th.

The schedule for 2015 is as follows:

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

### **ADC Welcomed Volunteers from Janssen, Esurance and L'Oreal**

We are pleased to host teams of corporate volunteers throughout the year. Many come to us through their company's "Day of Caring" programs. Last month we were joined by two groups of volunteers from Janssen as part of their week of "Janssen Cares." One team put on a "Casino Day." Events included high/low, roulette, horse racing, bingo and blackjack. After lunch, the group gave out prizes to the winners. The second Janssen team held a Sock Hop. The events included 50's theme discussions, watching "Happy Days," dancing, practicing with hula hoops, and eating root beer floats for dessert. Teams from Esurance and L'Oreal assisted the staff in implementing regular programming. The members enjoyed the volunteers' company and the change of pace.

Please consider us for your next "Day of Caring" or team building event. Volunteer activities include but are not limited to the following: garden clean-up in the fall or spring; one-time special projects such as building a horseshoe pit or bocce court; hosting a special theme day such as "Casino Day" or "Bingo Bash." These activities would take place from 10:00 a.m. to 2:00 p.m. If you are interested, please contact Diann Robinson. Her email is [drobinson@adulthoodcenter.org](mailto:drobinson@adulthoodcenter.org).



*The team from Janssen hosted a Sock Hop on June 23rd.*



*The team from Esurance assisted with Bingo and Horticultural Connections.*



*The team from Janssen hosted Casino Day on June 25th.*

### **Garden Party Marks the End of Grant Funding for Horticultural Connections**

In September 2014, the ADC "planted a seed" in the form of a Horticultural Therapy (HT) program thanks to a grant from the Grotta Fund for Senior Care of the Jewish Community Foundation Metro West NJ. Since last September, 22 bimonthly, one-hour workshops called "Horticultural Connections" have produced a bountiful harvest for the ADC members, students and staff from the New Road School, and ADC staff and volunteers.

On June 11th, the grant concluded with a celebration, a Garden Party, for all of the participants and community partners. The party was a celebration of gardening and friendship with New Road School students and staff, who worked together with the ADC members on two activities. After the HT session, members were served a catered lunch of ziti donated by Stefano's of Branchburg, and fruit salad and brownies prepared by Middle Earth.

The ADC seeks additional funding to continue the HT program; we have submitted several proposals to local foundations. If you are interested in sponsoring a month of activities, please contact our development office.



*Students from Middle Earth and New Road School in the ADC's Therapy Garden*

Click [here](#) for a link to an article that ran in the Courier News last month about the our Horticultural Connections program.

### **Thank you to New Road School Students**

We recognized the efforts of the students, and congratulated graduating seniors from the New Road School of Somerset last month. Three days every week, six New Road students arrived by bus to assist staff members with facility maintenance, program implementation; this year they specifically assisted with Horticultural Connections and food preparation. This is the fourth year of our partnership with the school. The New Road Schools of New Jersey is a private provider of specialized education services for children and youth facing learning, language, and social challenges. They offer three day-schools located throughout New Jersey that are customized for students with disabilities. We work specifically with the New Road School of Somerset. ADC's job coach, Carol Rynn, has become a valuable part of the ADC team and we are very appreciative of her efforts to help her team fit in.



*Pictured left to right: Students from New Road School and Job Coach Carol Rynn*

### **ADC Collaborated with Middle Earth**

Participants in Middle Earth's VISIONS (work readiness program) volunteered at the ADC. The volunteers have been participating in our Horticultural Connections program. They spent an afternoon cleaning up the therapy garden and assisting the members with making floral centerpieces and sun tea for the Garden Party on June 11th. The team will be back later this summer to work on other outside projects.



*Pictured above: Participants in Middle Earth's VISIONS program*

### **What's on Our Walls?**

#### **Annual Exhibition of the Somerset County Meetup Group (now until July 31st)**

Our late spring exhibition titled "Second Annual Exhibition of the Somerset County Meetup Photography Group" curated by Loren Fisher features 37 works from 31 photographers. The exhibit will be on view through July 31st, Monday through Friday, from 8:30 a.m. until 4:30 p.m.

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

Our current staff project is putting together our second "All About Us" exhibition. The staff has been broken into three teams, and we have divided up our member list. Each staff member is in charge of contacting five members. We are asking members and their families to send in a photograph of an important time or person in their life, as well as couple of facts about his or her life. This is a follow-up to our exhibition in 2013. We hope to have the exhibition up in early August.



*Pictured above: Member Ann Callahan*

### **Artists Needed for Fall and Winter Exhibitions**

ADC is looking for groups of artists to sponsor 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 coalition's July Munch and Learn Program will be held at The Avalon at Hillsborough on Thursday, July 16th, from 5:30 p.m. to 7:00 p.m. with complimentary dinner. This free program will be presented by Dr. Fran Hoh, an advanced practice nurse with more than 20 years of experience treating pain in patients. Dr. Hoh will share the different types of pain and the pathways of pain response. There will also be discussion about over-the-counter and prescription pain medications, myths surrounding medication, addiction, and how to keep your medicine bottles safe. Please click [here](#) for more information.

Save the Date for Saturday, November 14th at Good Shepherd Lutheran Church in Bridgewater. The Caregiver Coalition's special events committee is putting together an entertaining and educational program that will include a motivating keynote speaker and eldercare references. We will share the official program once it is confirmed.

### **July Programs**

This month we will continue to feature our favorite things of summer; the beach, all things patriotic, and the outdoors, with a focus on New Jersey. Our Monthly Birthday Party is being sponsored by Care One of Somerset Valley on July 31st. Creative Notions of Rockaway will present the work of pop culture icon Peter Max. During the hands-on session, participants will have the opportunity to create their own painting filled with bold colors and powerful design. Afterwards, all paintings will be signed and framed to take home. Click [here](#) to see the [full](#) calendar of activities.

#### **List of activities:**

- July 14th - Creative Notions of Rockaway - Art of the Masters
- July 15th - Tae Kwon Do with Master Kim
- July 15th - Board of Trustees Monthly Meeting
- July 16th - Director's Tour
- July 17th - Caregiver Café
- July 17th - Boardwalk Games Social
- July 20th - Welcome Devon and Athenia
- July 22nd - Gorgeous Grandma Day
- July 23rd - Van Trip to Duke Farms
- July 24th - Caregiver Café
- July 24th - Jersey-Born Artists with DJ Joe
- July 28th - Van trip to Olive Garden
- July 29th - Tae Kwon Do with Master Kim
- July 29th - Art Therapy With Ann
- July 29th - Karaoke with Gary Morton
- July 31st - Caregiver Café
- July 31st - Monthly Birthday Party

### **Mark Your Calendars**

September 6th - ADC 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 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 July 10th, 17th, 24th and 31st.

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

Please join Executive Director Diann Robinson on a Third-Thursday Tour this month on July 16th. Upcoming dates for 2015 include August 20th and September 17th. 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 that currently has nearly 650 active addresses.



*The Brungard Family was the sponsor of the June birthday party.*

**\* About the newsletter**

Please email Hilary Kruchowy at [hilary.kruchowy@adultdaycenter.org](mailto: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 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*



**United Way  
of Northern New Jersey**  
member agency