



Presenting our March newsletter...

Dear Friend of the ADC,

This winter has been long and cold and we are looking forward to spring. Overall this winter we were only closed two days due to winter storms and had one delayed opening. Our goal is to avoid any days when we are not able to serve our families, and it is always a difficult decision to close.

Please take the time to read this email. You will find information about our Generations Gala, our major fundraising event. Please consider how you can help us by becoming a sponsor, attending the dinner or placing an ad in the journal.

Finally, please take a look though the list of our March programs. This month, we will celebrate St. Patrick's Day, the arrival of spring, and horticultural therapy week. We are looking for sponsors for our May and December birthday parties; please let us know if you are interested. It is a great way to get to know us.

See you at the ADC!

Sincerely,

Diann Robinson
Executive Director



March comes in like a lion and goes out like a lamb!

In This Issue:

- * Please join us for our Generations Gala on May 28th.
- * Support Group Meeting is scheduled for March 14th.
- * Stop in to see our winter exhibition featuring ARTSee of Somerset County
- * ADC Announces Spring Appeal for Mural Project
- * ADC Celebrates Horticultural Therapy Week
- * Thank you to Gary Morton
- * Thank you to Ruby Suresh for being our featured speaker
- * ADC Welcomes New Staff Member Linda Koche
- * Special March 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

Join us for our 2015 Generations Gala on May 28th

The Generations Gala, our annual fundraising gala, will be held this year on Thursday, May 28, 2015, at the Palace at Somerset Park at 5:30 p.m. This year we will honor Doris Boniakowski Zampella for her loyal and consistent support of the ADC, and Corporate Partner Carolina Wine Brands for their 16-year commitment to our annual wine tasting event.

The planning committee is being chaired by Ken Scherer of Hillsborough Irrigation. His committee consists of Antie Celli, Christina Flanagan, Patrick McDermott, Lucy Lombardi Molinaro, Dave Tucker, Anita Ventantonio and Doris Zampella. The committee is actively pursuing sponsorships. The deadline for being included as a Vice Chair in the invitation is Wednesday, March 18th. Click [here](#) to register or [here](#) to download the registration form.



Pictured left to right: Lucy Lombardi Molinaro, Partner, Carolina Wine Brands; Ken Scherer, Gala Chair and ADC Board Member; and Doris Zampella, E. A. Boniakowski Insurance Services.

The Caregiver Support Group will meet on Saturday, March 14th

Our March Caregiver Support Group will be held on Saturday, March 14th at 10:00 a.m. Please join us for an informal discussion, "Catching Up with How Your Caregiving is Going." We will exchange strategies/ideas on how to get through our loved one's Activities of Daily Living; such as eating, grooming, bathing and dressing. What do you struggle with the most? What have you learned works best? As usual, feel free to bring your loved one, as activity staff is here to keep them company. Please RSVP to Stacy or Diann if you are planning to attend. They can be reached at [\(908\) 725-0068](tel:9087250068).

The schedule for 2015 has been set for these Saturdays:

April 11th	September 12th
May 2nd	October 3rd
June 13th	November 14th
July 11th	December 12th

ARTSee of Somerset County to exhibit work until May 1st

The ADC announces its Spring Exhibition. The show, titled "Selected Works by Members of ARTSee Of Somerset County," features 30 works from eight representatives. The exhibit will be on view from March 7th through May 1st, Monday through Friday from 8:30 a.m. until 4:30 p.m.

ARTSee is a group of two dozen artists from the Bernardsville-Basking Ridge, NJ area, who have come together to create events showcasing and promoting their vibrant arts community. Artists included in the exhibit are Gail Mardfin, Bernardsville; Jolanta Talaikiene, Far Hills; Doug Schon, Mountainside; David Hull, Basking Ridge; Tammy DeVoe, Basking Ridge; Sonja Kuhfahl, Bernardsville; Caren Frost Olmsted, Basking Ridge; and Alex Bigatti, Basking Ridge. Most works are available for purchase. Please contact Hilary Kruchowy for more information at hkruchowy@adulthoodcenter.org or [908-725-0068](tel:908-725-0068).

Later this spring, we are looking forward to a second exhibition, curated by Loren Fisher, of photographers from his meet-up photography group. In addition, our second "All About Us" Exhibition will focus on our members and their personal stories later this summer.



Pictured above: Jolanta Talaikiene and Gail Mardfin of ARTSee

ADC Announces Spring Appeal to Underwrite Proposed Mural Project

We are reaching out to our loyal friends and supporters to help us meet a special challenge. We would like to launch a year-long project to design and install a mural in the activity room. We have identified two art therapists, one of whom is Suzanne Heralall, who is also a therapist with Creative Notions who is a regular presenter at the ADC, to work with the members. We have put together

the timeline for the project and expect it to take six to eight months. Members will be encouraged to participate in all aspects of the project including planning, preparing, and painting the walls. The total cost of the project is \$3,500.

We are looking for 35 donors to contribute \$100 each so we can get the project started. Members participated in a similar project in 2010 with great success (see the video above) and we know that our members will enjoy working together as a team in this way again. Would you please consider joining us? Donations can be made through our paypal account (see link below) or sent to the ADC Development Office, 872 E. Main Street, Bridgewater, NJ 08807.

The ADC will celebrate Horticultural Therapy Week

This month National Horticultural Therapy Week, established by Congress in Spring 2006, will be celebrated March 16 to 20, the week of promotion of Horticultural Therapy and the good work of horticultural therapists nationally and locally. This week also marks the official start of spring. We will commemorate our Horticultural Connections program when Laura DePrado and the ADC team roll up their sleeves on March 18th, and plant together with the ADC members using our new wheelchair-accessible raised bed where we will plant our first spring crops.



Member Amelia Stetler shows off the project from the March 6th HT program.

Thank you Gary Morton

We are so lucky to have Gary Morton as our in-house music therapist. Two to four times per month, Gary inspires the members taking them through the history of music, remembering their favorite songs and talking about how music makes them feel. Gary is very mindful of our non-profit budget and charges us a very reasonable rate-if he charges us at all. Thank you Gary! Please take a look at the video link below to see an example of Gary's special touch in bringing out the best in our members.



From left to right: Ruby Suresh, Craft Director MaryAnn Royce-Koehler with ADC's therapy dog Molly and Cathy Baron

Thank you to Ruby Suresh for being our featured speaker

Ruby Suresh, a stress management consultant, was our guest speaker at our December support group and our staff in-service training in February. She led both groups through a series of relaxation exercises and taught breathing exercises designed to help manage stress. We are grateful to her for sharing her expertise.



ADC Welcomes Linda Koche

We are pleased to welcome Linda Koche to the ADC team. Linda started in February as a member support assistant. A resident of Middlesex, Linda worked with us from 2001 to 2003 when her twins were born. As she was ready to return to work, a position opened at the ADC. Good timing for everyone! Welcome Back Linda!

March Programs

There is a lot happening at the ADC this month. Our programs are featuring plans for St. Patrick's Day and getting ready for spring. Gary Morton will be with us twice -to lead practice for the spring concert and for a special workshop called "Through the Years". Members have a choice of three trips to Target, Flaming Grill or Friendly's.

Some additional highlights:

"Creative Notions" March workshop featured the life and work of American artist, Frank Stella. He is known for his history-making abstract Black Paintings, geometric patterns done in bright, luminous colors, to his most recent 3-D Mixed Media paintings. During the hands-on workshop, participants worked with several materials including paints, markers and foil, to create their own metallic masterpiece.

Thanks to a special arrangement with the Somerset County Cultural and Heritage Commission, on Friday, March 13, our members will have a special opportunity to hear the music of Harpist Clarita Ramos.

Our monthly calendar can be found by clicking [here](#).

List of activities

March 13th - Caregiver Café
March 13th - Welcome Harpist Clarita Ramos
March 17th - St. Patrick's Day Celebration with DJ Joe
March 18th - Horticultural Therapy Connections
March 18th - Board of Trustees Meeting
March 19th - Third-Thursday Tour
March 19th - Van Trip to Target and Lunch
March 20th - Caregiver Café
March 20th - Winter is Over Party!
March 20th - Van Trip to Flaming Grill
March 23rd - Welcome Entertainer Dave DeLuca
March 27th - Caregiver Café
March 27th - Monthly Birthday Party
March 31st - Van Trip to Friendly's

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 March 6th, 13th, 20th and 27th.

RSVP for a Third-Thursday Tour

Please join Executive Director Diann Robinson on a Third-Thursday Tour this month on February 19th. Upcoming dates for 2015 include March 19th, April 16th and May 14th. 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. 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 almost 400 followers, and we include the story in our e-newsletter that currently has nearly 650 active addresses.

*** 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 just 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