



Pictured above: Sandra and Ben Lerman

Dear Friend of the ADC,

Each year President Obama has proclaimed November to be "National Family Caregivers Month." In his proclamation, he states "Each day, courageous individuals step forward to help care for family members in need, their quiet acts of selflessness and sacrifice telling a story of love and devotion. During National Family Caregivers Month, we salute the people who play difficult and exhausting roles, and we recommit to lifting up these Americans as they care for their loved ones while protecting their dignity and individuality."

At the ADC we are committed to our caregivers. This is because any diagnosis of Alzheimer's or dementia goes beyond the imagination of what to expect in life. Whether for a child, spouse, parent or other family member, no one is prepared for the challenges of caregiving for that individual. Individuals who get such a diagnosis fight to maintain their independence and sense of purpose. As caregivers adjust and re-adjust to continuing changes, we are there to support them with our services and a community of caring. That includes the company of other caregivers at our weekly Caregiver Café and monthly Caregiver Support Group. We are proud to be care partners with our families in their commitment to keeping their families together.

As the end of the year approaches, we invite you to show your support of the ADC's caregivers with a donation to our year-end campaign. Donations to this campaign go toward our operating expenses, to providing stimulating and diverse programs--and toward keep our daily rate affordable for all who may need our services.

Thank you for your support of the ADC!

Sincerely,

Diann Robinson
Executive Director

Happy Fall!

In This Issue:

- * Thank you for supporting our 17th Annual Wine Tasting on Friday, October 23rd.
- * The ADC held our annual candle-lighting ceremony on November 5th.
- * Caregiver Support Group will meet on Saturday, November 14th.
- * Congressman Leonard Lance visited the ADC.
- * The ADC is getting ready for our annual Holiday Bazaar.
- * Honor a Special Caregiver with a Donation to the ADC.
- * ADC Welcomes Corporate Volunteers
- * Welcome to new staff member Adebayo Kareem.
- * Artists Needed for Future Exhibitions
- * Caregiver Coalition to host "Conference on Caregiving" on November 14th
- * Special November Programs

Regular features:

- * Caregiver Café is open on Friday morning.
- * RSVP for a Third-Thursdays Tour.
- * Join us as a "Birthday Buddy" on a Fourth Friday: sponsors are needed for 2016.

Thank you for supporting our 17th Annual Wine Tasting on October 24th.

Our 17th Annual Wine Tasting event was held last month. While we are still tabulating our results, we expect that the event raised more than \$30,000 for the ADC. We would like to thank Rich Scelfo and Lucy Lombardi-Molinaro of Carolina Wine Brands for their ongoing support of our event. We also express our appreciation to our sponsors, journal advertisers and auction donors. Thank you to everyone who attended the auction, purchased basket raffle tickets, and bid on live and silent auction items. Click [here](#) for a link to our website and list of event sponsors.



Pictured above: Mayor and Mrs. Bob Fazen of Bound Brook and Mayor and Mrs Dan Hayes of Bridgewater

The ADC Held Its Annual Candle Lighting Ceremony.

On Thursday evening, November 5th, the ADC honored individuals who have been affected by Alzheimer's disease or dementia. Staff, board and caregivers shared inspirational and comforting readings and songs before heading out to the patio and lighting candles in a solemn ceremony. Former caregivers read the names of current and deceased members. Thank you to all who attended and we hope you will save the date for next year - November 3, 2016.

The Caregiver Support Group will meet on November 14th.

On November 14th, Alicia Podlaski of Life Choice Hospice will lead a discussion on end-of-life issues and options for hospice. If you wish to attend please RSVP to our social worker Stacy Scelfo via email at sselfo@adulthoodcenter.org. Your response is important because it helps us make sure that we have enough refreshments. The final support group for 2015 will be on Saturday, December 12th.

Congressman Lance visited the ADC.

We thank Congressman Leonard Lance (R-7th District) for visiting us Monday, October 19. He worked with Activity Assistant Kathy Xumphonphakdy on the "Google It" activity that day. They discussed the history of how Google came to be and "googled" various topics pertaining to current events, what is happening in the House of Representatives and other fun facts. In addition to working on the "Google It" activity, Congressman Lance talked to members in the group, and answered questions. Members learned a number of things, including where he was from--and they discovered that he is a twin!



Pictured from left to right: ADC Activity Assistant Kathy Xumphonphakdy; Members Susan Charnesky and Louise Mazariello; Congressman Lance and Member Nina Guerriero.

The ADC is preparing for our annual Craft Bazaar and holiday party.

The craft staff and volunteers are in high gear, creating handicrafts and kitchen specialties for our annual Craft Bazaar in December. Our inventory of scarves and hats--knitted or crocheted--continues to build up. The aroma of freshly peeled garlic tantalized everyone walking past or into the craft room last Wednesday, as the group prepared the handmade flavored vinegars to be sold. More crafts are coming in, donated by our families and volunteers. The member preview is from 10:00 a.m. - 12:00 p.m. on December 16th and the bazaar is open from 10:00 a.m. to 2:00 p.m. on December 16th through December 18th. Proceeds from sales go toward next year's Craft Room and Cozy Kitchen budget.



Pictured above: Member Anna Girandola and Craft Director MaryAnn Royce-Koehler

Honor a Special Caregiver with a Donation to the ADC.

ADC maintains a Sharing Your Care campaign, providing you the opportunity to give a "Tribute Gift" in honor of a caregiver. Through this campaign, we pledge to provide for the center's financial stability--allowing us to offer quality day-care services to all who need them. With a Tribute Gift, you show your appreciation, and encouragement, to a caregiver who is benefiting from the ADC--in an appropriate and lasting way.



Pictured above: Member Irene Bryski with her son Edward and daughter-in-law

When you give a Gift:

- * The person you are honoring will be notified that a gift has been made; the amount is not specified. When the honoree is notified, the nature of the Sharing Your Care Campaign will be explained.
- * The honoree and contributor will be listed in our annual report.
- * An acknowledgment will be sent, thanking you for your tax-deductible gift.
- * We will use the gift to underwrite a portion of our general operating budget, allowing us to offer our services to everyone who needs them.

Your donation of:

\$50 covers the cost of cake & refreshments for the members' monthly birthday celebration when we don't have a sponsor.

\$100 underwrites the fee for musical entertainment during our afternoon program.

\$250 sponsors an entire birthday buddy celebration.

\$500 allows us to bring a professional art instructor to lead a workshop for 12, and to purchase materials each month.

\$1,000 provides a month of care for an older adult, providing a break for their spouse who is his or her full-time caregiver.

To give a Tribute Gift, please contact Hilary Kruchowy at [\(908\) 725-0068](tel:9087250068) or email hilary.kruchowy@adulthoodcenter.org. Secure online donations can be made at www.adulthoodcenter.org. Our Federal Tax ID number is 222-111-573.

ADC Welcomes Corporate Volunteers.

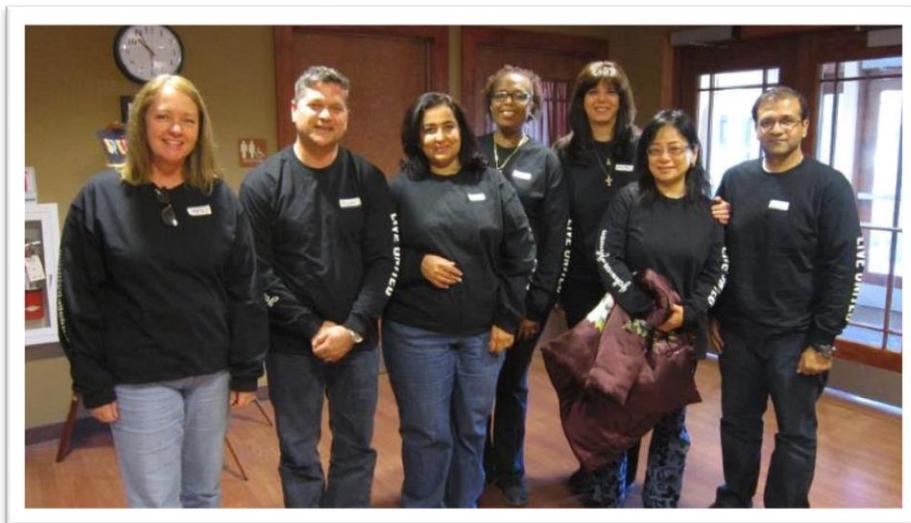
We are pleased to host teams of corporate volunteers throughout the year. Many come to us through their company's "Day of Caring" programs. Last month we were privileged to have two groups of volunteers join us.

We were joined by a large team from AT&T. Half of the group worked outside the facility spreading mulch generously donated by NJ Tree Management, washing windows and pulling weeds. The other half helped with our morning activities. In the afternoon, the group joined together to host our October birthday party as birthday buddies.



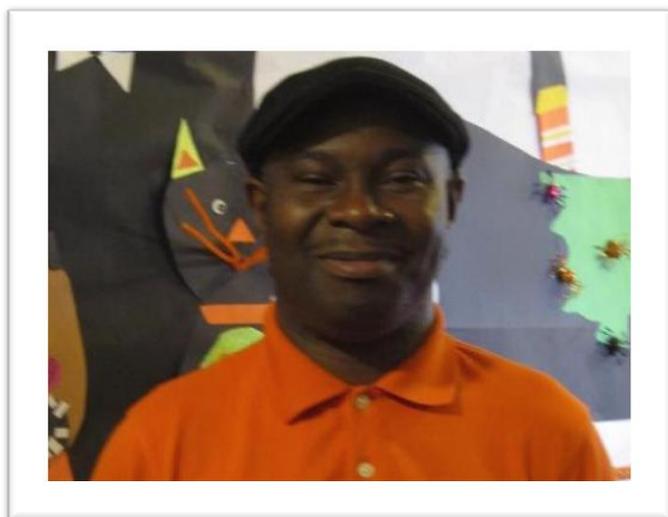
Pictured above: The Team from AT&T

On October 30th, a team from Janssen joined us to celebrate Halloween. They lent a hand with the morning activities including painting, joining in on a discussion of Halloween Traditions, and helping members get dressed in their costumes. After lunch they stayed for our Costume Party with DJ Joe, and danced and interacted with members.



Pictured above: The Team from Janssen

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 Executive Director Diann Robinson. Her email is drobinson@adultdaycenter.org.



Welcome Adeybayo!

The ADC recently welcomed a new staff member. Adeybayo Kareem joined us in October as a "Member Support Assistant" working every day from 9:00 a.m. until 2:00 p.m. Adeybayo is originally from Nigeria. In addition to his job here at the Center, Adeybayo works in Residential Services at the Midland School, and has been there for 5 years. He chose to work at the Center because he likes taking care of people.

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 is Hosting a Caregiver Conference on Saturday, November 14th.

The ADC collaborates with the Caregiver Coalition of the United Way of Northern New Jersey which is offering a Conference for Caregivers on Saturday, November 14th. The keynote speaker is Gail Poverman-Kave whose talk is titled "Positive Power of Humor: How to Thrive Beyond Survive." Other featured speakers include eldercare attorney Tom Murphy who will present "Ten Legal Issues all Caregivers Need to Know" and Joyce Tiemens of the VNA of Somerset Hills who will present "Now What? Addressing Family Dynamics as You Adjust to A New Normal." Click [here](#) to see the flyer that has all of the details about the day and information on how to register.

Special November programs

Our themes in November are National Caregiver's Month, Fall and Thanksgiving. This month members will have the opportunity to take van trips to the Dollar Store, Popeye's, Friday's and Hoagie Hut. We will welcome guest entertainers Gordon Wells and Lester Smith. Our annual Thanksgiving Celebration is scheduled for Wednesday, November 25th.

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

List of activities

November 10th-Creative Notions
November 10th-Trip: A.C. Moore & pizza
November 11th-Veterans' Day, **ADC Closed**
November 12th-Pastor Tom Visits
November 13th-Dan on Piano
November 13th-Caregiver Café
November 14th-Caregiver Support Group
November 17th-Tai Chi with the YMCA
November 18th-Music Therapy with Amy Clarkson
November 18th-Board of Trustees Monthly Meeting
November 19th-Third Thursday Director's Tour
November 20th-Caregiver Café
November 20th-Trip: Friday's
November 20th-Monthly Birthday Party with Lester Smith
November 24th-Thanksgiving Project
November 25th-Nails with Danielle
November 25th-Tae Kwon Do with Master Kim
November 25th-Thanksgiving Gathering
November 26th-Thanksgiving: **ADC Closed**
November 27th-Thanksgiving Friday: **ADC Closed**
November 30th-Van Trip: Hoagie Hut
November 30th-Bulletin Board Project for December

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 Fridays November 6th, 13th and 20th.

RSVP for a Third-Thursday Tour.

Please join Executive Director Diann Robinson on a Third-Thursday Tour, this month on November 19th. If this date doesn't work, give us a call and let us know when you are available.

Become a "Birthday Buddy" in 2016!

Thank you to the businesses and individuals who have volunteered to sponsor upcoming birthday parties. To date, we have volunteers for the remainder of the year and one for February. Please consider signing up for a party in 2016.

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, cake and cookies. 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.

*** About the newsletter**

Please email Hilary Kruchowy at 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 the activities here and how your loved one is 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 elderly and disabled residents of Somerset County, and support for caregiving families.

Celebrating 38 Years of Extraordinary Service in Somerset County