



Pictured above: Freeholder Pat Walsh; ADC Executive Director Diann Robinson; Assemblywoman Donna Simon and Assemblyman Jack Ciattarelli, both from NJ Legislative District 16.

Dear Friend of the ADC,

The temperature is getting cooler and the days are getting shorter--fall has definitely arrived. There is a lot happening at the ADC and we invite you to take the opportunity to support us and get to know other caregivers.

Our annual Wine Tasting is on Friday, October 23rd. Our goal is to raise \$30,000 for operations through proceeds. We need your help to hit our target. Please join us at the event! It is a great night with friends and fellow caregivers, or consider placing a tribute ad in the souvenir journal. Click [here](#) for more information.

On November 5th, we will be hosting a special Candle Lighting ceremony. This is an evening to express compassion for those living with Alzheimer's and dementia, to remember those who have passed, and to show our support and respect for caregivers. Please RSVP to the front office at [\(908\) 725-0068](tel:9087250068) if you are planning to attend by Monday, November 2nd.

We will be mailing out our annual caregiver survey soon. Please take the time to give us your honest feedback about our program and services. The information we gather through these surveys helps us to better address the needs of our ADC families. The results also assist us when we apply for grants and write proposals for funding. I thank you in advance for your support in answering and returning the survey.

Finally, as always, I invite you to attend one of our Third-Thursday tours (this month on October 16th) or to stop by for a visit. We love to show off the good work of our committed staff and volunteers.

Thank you for your support of the ADC!

Sincerely,

Diann Robinson
Executive Director

Happy Fall!

In This Issue:

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- * Our November support group is scheduled for November 14th
- * The ADC commemorated Adult Day Services Week with guest presenters.
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Regular features:

- * Caregiver Café is open on Fridays.
- * RSVP for a Third-Thursdays Tour.
- * Join us as a "Birthday Buddy" on a Fourth Friday: sponsors are needed for 2015.

Now is the time to register for our "Getting Better With Age" Wine Tasting.

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

How can you help?

- * Join us in three weeks on Friday, 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. The publication deadline is Friday, October 16th.
- * 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. We can accept donations until 5:00 p.m. on Monday, October 19th at the front office.

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

ADC Commemorated National Adult Day Services Week.

Last month, the Adult Day Center celebrated National Adult Day Services Week. During the week, we welcomed local dignitaries who volunteered in the program.

Assemblywoman Donna Simon, NJ Legislative District 16, and 2015 ADC Gala Honoree Doris Zampella helped Horticultural Therapist Laura DePrado present a special workshop where members planted celosia to take home. We welcomed two guest callers for bingo--Assemblyman Erik Peterson, NJ Legislative District 23, and Mayor Bob Fazen of Bound Brook. Senator Kip Bateman, NJ Legislative District 16, assisted members to make "Simple Sandwiches" of grilled chicken with lettuce and tomato. Activity Assistant Nikki Hoffman and Assemblyman Jack Ciattarelli, NJ Legislative District 16, led a discussion of "Presidential Secrets." The week of celebrations ended with a social during which Assemblyman Ciattarelli and Assemblywoman Simon presented a Ceremonial Resolution from the State of New Jersey to the ADC, and Freeholder Patricia Walsh presented a Proclamation from Somerset County. Thank you to everyone who joined us!



2015 Gala Honoree Doris Zampella, Assemblywoman Simon and Laura DePrado pose with ADC staff and members.

ADC Received a Grant from the Provident Bank Foundation.

The Provident Bank Foundation recently awarded a \$1,500 grant to ADC. The funds are being used to underwrite our Sharing Our Care Campaign that funds our General Operations. We are very grateful for this unrestricted support that helps us keep our fees affordable for all who need them. It costs the ADC \$90 per day to take care of one member. The highest rate we charge is \$75 per day. "Provident Bank is dedicated to providing support to non-profit organizations that enrich the communities it serves," said Vanda S. Ferreira, First Vice President, Area Manager, Bridgewater. Thank you to Vanda for stopping in to present the check and visit with our members.



Pictured above: Vanda Ferreira of Provident Bank meets with ADC Members and Executive Director Diann Robinson.

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 sscelfo@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.

Update on Mural Project

We celebrated the completion of the mural with a social on September 18th. The project took six weeks to prepare, design and paint. At the social, our members took time to discuss the project with staff and art therapists Suzanne O'Brien and Narendra Haynes. Overall more than 40 individuals worked together to paint the mural. The work of this group will have a long lasting impact since all of our members will enjoy it when they participate in programs in the activity room. Thank you to all of the donors who helped us make this happen. If you are in the area, we invite you to stop by and check it out.



During his visit, Assemblyman Erik Peterson, NJ Legislative District 23, took time to talk with the members who worked on the mural.

Thank you to Master Kim of Black Belt World of Somerville!

For the past several months, Master Kim of Black Belt World has been leading Taekwondo sessions two times per month with our members. When the ADC's Executive Director Diann Robinson told Master Kim about our program, he enthusiastically volunteered to bring his passion for exercise, giving back and Taekwondo to our members. During the summer, he brought his students and teachers to give a full one-hour demonstration. Our members always enjoy learning about different things and are grateful for Master Kim's energy, passion and friendship. Thank you Master Kim!



Student and instructors from Black Belt World entertained ADC members in August

Welcome Kathy!

The ADC recently welcomed a new staff member. Kathy Xumphonphakdy joined us in August as an Activity Assistant after volunteering in the program all summer. Kathy graduated from Bound Brook High School and attended Raritan Valley Community College. She enjoys reading, writing, soccer, watching sports on TV, and spending time with her three children. About joining the team at the ADC, Kathy says she loves all of our members and enjoys working with the dedicated staff.



Pictured above: Kathy Xumphonphakdy with member Pedrina Polanco

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. To date, we have compiled storyboards for more than half of our 120-plus members as well as staff members. Each piece includes a current photo, historical photo, and facts about the individual's life. If you have a loved one at the Center and have not sent in a photograph, please do so marked "Attention: Development Department."

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 ADC collaborates with the Caregiver Coalition of the United Way of Northern New Jersey. We are pleased to promote their inaugural United Way Caregivers Coalition Conference Series that is 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, 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

For more information on the United Way Caregivers Coalition Conference Series or any of the programs above click [here](#), email CaregiversCoalition@UnitedWayNNJ.org or call 1.888.33UWCARES [\(888.338.9227\)](tel:8883389227).

October Programs

Our themes for October include Fall, Halloween and Breast Cancer Awareness. This month's Creative Notions workshop will feature M. C. Escher (1898-1972) who is one of the world's most famous graphic artists. During this hands-on session, our members will have the opportunity to create their own designs which will be transferred to a printing plate. Afterwards, using brayers and block printing inks, they will create their own prints, of which their favorite will be framed so they can bring it home. We will welcome volunteers from AT&T who will assist with programs and host our monthly birthday party. We will carve pumpkins on October 9th, listen to Halloween Songs with Gary Morton on October 28th and hold a Costume Party with DJ Joe on October 30th. Click [here](#) to see the full calendar of activities.

List of activities:

October 2nd - Caregiver Café
October 2nd - Fall Festival
October 3rd - Caregiver Support Group
October 5th - Zumba with Val - a collaboration with the Somerset County YMCA
October 6th - Van Trip to Olive Garden
October 6th - Tai Chi with Bobbi - a collaboration with the Somerset County YMCA
October 8th - Visit from Pastor Tom
October 8th - Van Trip for pumpkin picking and lunch
October 9th - Caregiver Café
October 9th - Pumpkin Carving Social
October 12th - ADC Closed in Recognition of Columbus Day
October 13th - Creative Notions
October 14th - Tae Kwon Do with Master Kim
October 14th - Board of Trustees Meeting
October 15th - Director's Tour
October 16th - Caregiver Café
October 16th - Monthly Birthday Party hosted by AT&T
October 19th - Van Trip to Christmas Tree Shop and for pizza
October 23rd - Caregiver Café
October 23rd - Wine Tasting - Reserve your tickets now!
October 23rd - Surprise Social
October 27th - Van Trip to Walmart and Lunch at Subway
October 28th - Tae Kwon Do with Master Kim
October 28th - Halloween Songs with DJ Gary Morton
October 30th - Caregiver Café
October 30th - Halloween Costume Party with DJ Joe
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 Fridays October 2nd, 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 October 15th. Upcoming dates for 2015 include November 19th and December 17th. If these dates don't work, give us a call and let us know when you are available.

Become a "Birthday Buddy" this spring

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.



Thank you to former caregiver and volunteer Ellen Hulsen for sponsoring our September party!

*** 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 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 elderly and disabled residents of Somerset County, and support for caregiving families.