



Presenting our September newsletter...



Pictured above: Member Maria Saggese painted flowers in preparation for the mural project.

Dear Friend of the ADC,

Fall is here and we have many activities planned at the ADC. We are holding an open house on Saturday, September 12th to commemorate National Adult Day Services Week. Staff and I will be at the Center from 12:00 p.m. to 3:00 p.m. to answer questions from caregivers, give tours of the center and to spend "down time" with our families and their loved ones. Please consider stopping in to see our current exhibition "All About Us" featuring our member and staff stories, and to see the completed mural in the activity room.

The Board of Trustees is sponsoring the first of a series of educational programs designed to help current and future caregivers plan for the future. Please join us for a night of information and fellowship at the center on Wednesday, September 30th from 6:00 p.m. to 8:00 p.m. For more information, please see below.

I hope you will join us for our annual Wine Tasting on Friday, October 23rd. Thank you to Dave Tucker of E. A. Boniakowski Insurance Services who is chairing the event, and to his committed team who are selling tickets and ads, and soliciting donations for the auction.

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, and to show our support and strength for caregivers.

In the beginning of October we will be mailing out our annual caregiver survey. 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 September 17th) or to stop by for a visit. We love to show off the good work of our committed staff and volunteers.

Happy Back to School and Happy Fall!

See you at the ADC!

Sincerely,

Diann Robinson
Executive Director



Happy Fall!

In This Issue:

- * Join us for the "Getting Better With Age" Wine Tasting.
- * Next Support Group Meetings are scheduled for Saturdays September 12th and October 3rd.
- * You are invited to an informational event on September 30th.
- * Mayor Hayes joined members for our August Creative Notions workshop.
- * Sign up for Empower Somerset's "Bridge to Success" special educational series for caregivers.
- * Update on Mural Project
- * ADC participated in the United Way's Tools for Schools Drive.
- * What's on our Walls?: Staff Project: All About Us II
- * Artists needed for Fall and Winter Exhibits
- * United Way of Northern NJ Caregiver Coalition upcoming programs
- * Special September Programs
- * Mark Your Calendars for Future Programs

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.

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 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 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:908725-0068); or via email at hilary.kruchowy@adulthoodcenter.org. Click [here](#) to review the sponsorship forms.

The Caregiver Support Group will meet on September 12th and October 3rd.

Here are the upcoming dates and topics for our Caregiver Support Group

We will resume on Saturday, September 12th at 10:00 a.m. with a discussion led by Stacy and Diann. They will talk about how the summer went and about getting ready for the change in season.

On October 3rd, Amy Kaelin, MSW, Eldercare Educator at the Office on Aging and Disability Services will present on Caregiver Burnout: Caring for Yourself Along with Your Loved Ones

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 either group, please RSVP to our social worker Stacy Scelfo via email at sscelfo@adulthoodcenter.org.

The final support groups for 2015 will be on Saturdays November 14th and December 12th.

ADC will Host an Educational Event on September 30th.

Please join us for a night of information and fellowship at the center on Wednesday, September 30th from 6:00 p.m. to 8:00 p.m. Light refreshments will be served. Thomas Murphy, Elderlaw Attorney, The Murphy Law Firm will present "Healthy, Wealthy and Wise" and Brad Mehl, CFP® Associate Vice President - Financial Advisor, Morgan Stanley will present "Disciplined Giving is Part of a Healthy Financial Life." This event marks the first in a series of educational events that focus on planning for the future.

Mayor Hayes Joined Members for Creative Notions.

Thank you to Bridgewater Mayor Daniel J. Hayes for joining us last month and participating in our Creative Notions "Art of the Masters" program sponsored in part by the Somerset County Office on Cultural and Heritage Commission. During the hour, the mayor and members learned about Alphonse Mucha, a Czechoslovakian Art Nouveau artist, whose work featured an ornate style in stained glass colors, elaborately curving lines, and ethereal women. During the hands-on session, members and the mayor made an individual painting in his style. Once the paintings were finished, they were put together to create a group project that will remain on view at the ADC. Thank you again Mayor Hayes!



Mayor Daniel J. Hayes of Bridgewater visited the ADC for Creative Notions.

Sign up for Empower Somerset's "Bridge to Success" special educational series for caregivers.

Through a collaboration with Empower Somerset, ADC caregivers are invited to participate in "Bridge for Success for Caregivers." This is an eight-week program designed especially for caregivers. The sessions will focus on: how to achieve higher levels of stress management by developing coping skills; finding time for relaxation and inward reflection; and releasing feelings of depression and anxiety. The program will be offered on Thursday mornings from 10:00 am. to 12:00 p.m. from September 24th through November 19th. Refreshments are provided each week, and participants also earn shopping gift cards based on attendance. Space is limited to 15 participants, so please sign up early. If you are interested, please contact Diann Robinson by phone at [\(908\) 725-0068](tel:9087250068) or by email at drobinson@adulthoodcenter.org.

Update on Mural Project

The mural project is under way! So far during this month, members have met with art therapists Suzanne O'Brien and Narendra Haynes to develop the theme and design the mural. The therapists have prepared the wall and sketched out the design. In order to prepare for painting, members arranged flowers and practiced painting their own flower paintings to take home. On Friday, September 4th, they will paint the flowers. We expect it to be complete in time for our end-of-summer picnic on Wednesday, September 16th.



Member Azmy George posed with the mural in progress.

ADC Staff and Members Supported the United Way's Tools for Schools Drive.

ADC helped children in our community get ready for the new school year. We collected school supplies and brought them to a United Way collection site on August 18th. Thank you to everyone who participated!



Members posed with the school supplies.

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 that is being hung this week. To date, we have compiled storyboards for more than half of our 120-plus members. Each piece includes a current photo, historical photo, and facts about the individual's life.



Pictured above: Member Bill De Santis and his wife on their wedding day.

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 upcoming programs.

The Caregiver Coalition meets once per month on the third Thursday at the JCC of Bridgewater at 9:30 a.m. The September meeting is scheduled for September 17th. The presenter is Kimberly Rescorla, Vice President and Senior Trust Officer with U.S. Trust with Bank of America Private Wealth Management. She will cover some ways to organize your and your loved one's finances to help prepare for life's unpredictable moments and manage crisis situations.

On September 29th, the Caregiver Coalition will offer a Munch & Learn presentation by John Mopper with GenPsych, PC, on the importance of effectively communicating with your loved one, and how to do so in a healthy way, no matter the circumstances of your caregiving situation. This event is hosted by the Chelsea at Warren. Please contact Stephanie Howland at the United Way for more information. She can be reached by phone at [973\) 993-1160 x534](tel:9739931160) or email stephanie.howland@unitedwaynj.org.

The coalition recently announced the inaugural United Way Caregivers Coalition Conference Series, 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)).

September Programs

Our themes for September include Back to School, and celebrating National Adult Day Services Week from September 13th through September 19th. This month's Creative Notions Art of the Masters workshop will look at Henry Moore, perhaps the most influential public sculptor of the 20th century. During this hands-on session, participants will have the opportunity to get their hands dirty while creating their very own clay sculpture. Care One at Somerset Valley is sponsoring a special session with our horticultural therapist Laura DePrado. We will be welcoming entertainers the TS Project and Activity Assistant Nikki Hoffman is bringing her mini horses Silverbell and Tootsie Roll to meet the members. Our mural project is in full swing and on track to be completed by September 16th. Click [here](#) to see the full calendar of activities.

List of activities:

September 10th - Van Trip to Colonial Park
September 10th - Pastor Tom Visits
September 11th - Welcome Entertainer Gordon James
September 11th - Caregiver Café
September 12th - Caregiver Support Group
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 14th - Welcome Silverbell and Tootsie Roll
September 15th - Van Trip to Target
September 16th - Board of Trustees Meeting
September 16th - End-of-Summer Picnic with Gary Morton
September 18th - Welcome Entertainers TS Project
September 18th - Caregiver Café
September 18th - Welcome Dan on Piano
September 21st - Van Trip to Stewart's
September 23rd - Tae Kwon Do
September 25th - Monthly Birthday Party
September 25th - Caregiver Café
September 29th - Bazaar Projects
September 29th - Van Trip to AC Moore & Pizza Lunch
September 30th - Karaoke with Gary Morton
September 30th - Special Education Program focusing on "Planning for the Future"
September 30th - Tae Kwon Do
September 30th - Karaoke with Gary Morton

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 Fridays September 11th, 18th and 25th.

RSVP for a Third-Thursday Tour

Please join Executive Director Diann Robinson on a Third-Thursday Tour, this month on September 17th. Upcoming dates for 2015 include October 15th, 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" (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, 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 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