

Happy Valentine's Day and Your February Update

From: Adult Day Center of Somerset County (hilary.kruchowy@adultdaycenter.org)

To: hilarybrown@yahoo.com

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Your February Update from the ADC!

News from the ADC



February 2022

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February Update from the ADC

We hope you are doing well! We are optimistic that the Omicron surge of COVID-19 is on the decline. We are relieved our doors are open and we are serving our members and their caregivers. We have expanded our operating hours and we are open from 8:00 a.m. to 3:30 p.m. and looking forward to getting back to our original schedule. For now we are taking it one day at a time and remaining flexible.

Please take the time to read this update. Our Caregiver Support Group is restarting as of February 12th. We are making plans for our annual Getting Better with Age wine tasting that is scheduled for Thursday, June 16th.

We are here for you. If you need something, have a question or suggestion, or just need someone to speak to, please reach out to us.

Sincerely,

Diann Robinson

Executive Director



Getting Better With Age

Please save the date for our Getting Better with Age Wine Tasting event. This year's event is scheduled for Thursday, June 16th at the Raritan Valley Country Club. If you are interested in working on the planning committee, please review the job description here and email Hilary. Our registration website is live and can be found here. Click here to see our sponsorship forms.

*"When I leave my loved one at the ADC,
a weight is taken off my mind and I am stress free because
I know they will be taken care of by your caring and compassionate staff."*

-ADC Caregiver

Weekly Schedule and February Highlights

For now, we are continuing with a weekly schedule that is sent home to our members each week. This month, we are celebrating Valentine's Day, National Pizza Day, and National Caregiver Day. We are looking forward to the spring and hoping to incorporate outside consultants into the program.



Please Review Us on Google

The ADC's communications committee would like to build awareness about our program and make sure that everyone in Somerset County who is taking care of an older adult knows about us. Google reviews are powerful trust indicators and we invite our families to post a review. Would you please share your feedback



on our google page using [this link](#)? Every review helps us get the word out about the ADC so we will be able to help more families. [Here](#) are some directions to help you post your review.

ADC 2022 Fundraising Events - Save the Dates

Getting Better With Age Wine Tasting - Thursday, June 16 at the Raritan Valley Country Club
 Generations Gala - Wednesday, November 9 at the Palace at Somerset Park



2022 Caregiver Support Group Dates

Please join us for our next Caregiver Support Group on Saturday, March 12 at 10:00 am. Please call or email [Stacy](#) or Diann no later than Thursday, March 10th to sign up for the group. The dates for 2022 have been set and are listed on our website. Click [here](#) for more information.

Inclement Weather

In the event of inclement weather, don't forget that you can check our Facebook page or call the ADC's voice mail after 7:00 a.m. Please know it is never an easy decision for us to close, or stay open. We know that our working caregivers need a safe place for their loved ones during the day, but we try to keep the safety of our staff and members in mind as well.



Activity Professionals Celebrated

We celebrated Activity Professionals Week in January in conjunction with the National Association of Activity Professionals (NAAP). NAAP was formed in 1981 by leaders who were committed to providing



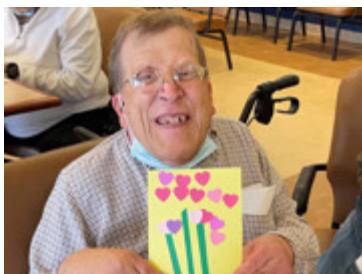
outstanding quality-of-life experiences for older adults. This year's theme was "Navigating the Future." We are grateful for our ADC activity professionals! Thanks for all you do.

Caregivers Webinars and Resources

Caregiver Coalition of the United Way of Northern Jersey - The Caregiver Coalition is offering a "Munch and Learn" on Tuesday, February 22nd at 7:00 p.m. entitled "How to Avoid Getting Scammed." The speaker presenter Melanie Hazim who is the Director of Outreach for the New Jersey Division of Consumer Affairs. She is responsible for implementing the Division's missions and goals to protect New Jersey's residents from becoming victims of consumer fraud. To learn more and register, click [here](#).

Alzheimer's NJ - Monthly Webinars Facilitated by Alzheimer's New Jersey Staff for February include "Coping with Caregiver Stress " on February 15th at 11:00 a.m. Caring for a person with Alzheimer's disease or other form of dementia can be a very overwhelming experience. Often, caregivers neglect their own well-being because they devote so much time to the responsibilities of day-to-day caregiving. This program examines caregiver stress and offers coping strategies to become a healthier caregiver. Click [here](#) for more information.

COPSA - Care2Caregivers (800-424-2494) - Care2Caregivers is a free peer-support helpline for dementia caregivers provided by Rutgers' University Behavioral Health Care. They are hosting a discussion on Wednesday, February 16th from 1:00 p.m. to 2:00 p.m. In recognition of February and Heart Health Month, their topic is heart health and they will be sharing tips on how to enhance your physical and mental well-being. To learn more, visit their [Facebook](#) page.



About Our Newsletter

Please email our Development Director 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 more than 500 names on our list.

Please invest in your ADC and help us to Share Your Care!

Donate Now



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