

# ADULT DAY CENTER OF SOMERSET COUNTY NEWSLETTER

Summer 2023

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***Please join us for our annual Family Picnic on August 15th. Make memories with your loved ones and get to know the ADC family.***



Our 2023 Wine Tasting Committee worked so hard to make this event a smash. (L to R) Heidi & Andy Zangara, Debra Falconeri, Co-Chairs Christine Flanagan & Caitlyn Campbell, Cynthia Ryan, Michelle Scanlon, and Robin Williams (not pictured: Edna Castaneda)

## **FAMILY FIRST**

Dear Friends,

I hope everyone is enjoying their summer and finding time to relax and have fun with friends and family.

At the ADC we know that caregiving can be isolating, and we want to bring some joy into the lives of our members and their loved ones. A few months back we hosted a Spring Fling Dance for our ADC families, and we are looking forward to a few upcoming events for our families to share fellowship and fun.

**The ADC will be bringing some members to the Patriot's baseball game on Wednesday, August 9th at 11:05. If you are interested in attending the game with your loved one, please give us a call at the center (908)725-0068.**

**We will be hosting our annual Family & Friends Picnic on Tuesday, August 15th. You can email me, [drobinson@adulthoodcenter.org](mailto:drobinson@adulthoodcenter.org), or call the center to RSVP.**

Next month we will be having an opening for our latest art show, The Art of Care. Stay tuned for more information.

Have a happy and safe end to your summer,  
Diann

**THANK YOU TO ALL WHO ATTENDED AND SUPPORTED OUR 25TH ANNUAL "GETTING BETTER WITH AGE WINE TASTING AND AUCTION." THE EVENT WAS A GREAT SUCCESS.**

**SPECIAL CONGRATULATIONS TO DEBRA FALCONERI, THIS YEAR'S VENTANTONIO VOLUNTEERISM AWARD.**



# **ADC Family Picnic**

## **Tues., Aug. 15th**

### **12:00 - 2:00 p.m.**

*at the Adult Day Center of Somerset  
872 East Main St. Bridgewater*

**Registration is required-  
908-725-0068 or email  
[drobinson@aduldaycenter.org](mailto:drobinson@aduldaycenter.org)**







## MAKE A DIFFERENCE WHILE YOU WORK...

Does your company have a volunteering program? Would you like to start one for your place of business? The ADC welcomes corporate volunteers to help lead events, games and special theme days with our members. For example, a team from L'Oreal joined us for a Hawaiian Luau (pictured left). Your presence is truly a gift. Contact us at 908-725-0068.



## Member Moments

*Just when you thought it was safe to go back in the water...the ADC celebrated National Shark Day with a Jaws Toss, a mystery water tank, and topped off the day with some Shark Donuts. How ~~fun~~ fun is that?*



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## ***IMPORTANT CAREGIVER SUPPORT MEETING UPDATE***

Our next regularly scheduled Caregiver Support meeting will take place on September 16th. There will be no meeting in August for a brief summer hiatus.

Please feel free to register now for our September meeting. ADC staff will be on hand to lead your loved ones in activities during the meeting. RSVP to [sselfo@adulthoodcenter.org](mailto:sselfo@adulthoodcenter.org) or 908-725-0068 and let us know if you're bringing your loved one so that we can plan for staffing.

**9:00-10:00 a.m. Coffee/tea**

**10:00-12:00 p.m. Support group/member activities  
Followed by lunch at noon**



## ***OUR CAREGIVER CAFE MEETS THURSDAYS***

Take a moment for yourself and connect with caregivers who understand the challenges you're facing. Our Caregiver Cafe takes place in the Resource Room Thursday mornings from 9:30 -11 a.m.



## ***Member Moments***

With our garden in full bloom, we enjoyed making floral arrangements. If you've never taken a peek, it's a lush green space- lovingly tended by the Bridgewater Garden Club. A perfect summer retreat.





“I Can’t Make One More Decision!”

# Preventing and Managing Caregiver Decision Fatigue



As we provide care for a loved one with memory loss, we face many difficult decisions related to their general care and their health care. Some of these decisions may be harder to navigate than others. When can they no longer live alone? When do I take away the car keys? Should I get extra help in the house? Is it time for a nursing home? Matters can be further complicated when your loved one is not able communicate their wishes or when family members do not agree on the best next course of action. This can be exhausting! Join us for an informative and interactive session reviewing tools and tips on managing caregiver decision fatigue.

**FOR MORE INFORMATION:**

Contact [Mary Catherine Lundquist](mailto:Mary Catherine Lundquist) at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call Care2Caregivers at 800.424.2494

**August 24, 2023 | 1:00-2:00 pm**

Click [HERE](#) to register.

You will receive log in information after you register.

**800-424-2494**

**RUTGERS HEALTH**

University Behavioral Health Care  
COPSA Institute for Alzheimer's Disease & Related Disorders



## August Programs and Services Bulletin

### ONLINE EDUCATION CALENDAR

To register, please click the links below or call our Helpline at 888-280-6055.

#### **Coping with Caregiver Stress**

*Tuesday, August 8th at 10am*

#### **Activities at Home**

*Tuesday, August 22nd at 2pm*

#### **Communication Tips and Techniques**

*Wednesday, August 30th at 11am*

### CAREGIVER SUPPORT GROUPS

Support groups are now meeting in-person in the following locations:

- **Neptune (NEW location!)**
- **Allendale (NEW location!)**
- **Somerset (NEW location!)**
- **Chatham**
- **Roseland**
- **Oradell**
- **Jackson**

We also offer virtual groups!

Interested in joining a support group?

**Submit a Support Group Inquiry Form**

### ALZHEIMER'S DEMENTIA AND BEHAVIORAL DISTURBANCES: DIAGNOSIS AND TREATMENT

**Wednesday, August 16th at 1pm**



*Presented by:*

#### **Robert G. Stern**

Section Chief,  
Geriatric Psychiatry  
Jersey Shore University  
Medical Center

Alzheimer's disease causes changes in the brain that can lead to depression, anxiety, agitation, aggression, hallucinations, and apathy. Research indicates that up to 90% of individuals with Alzheimer's disease and other forms of dementia suffer from such behavioral and psychological disorders leaving many caregivers overwhelmed and confused. In our upcoming guest speaker webinar, Dr. Robert Stern, M.D., will discuss the cognitive domains impacted by Alzheimer's disease, common types of behavior changes, pharmacological and non-pharmacological treatment options, and current clinical trials investigating treatments for behavioral disturbances.

**CLICK HERE TO REGISTER!**

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