



## Monthly News From the ADC

Welcome to the 2022 November edition of the ADC monthly newsletter!

With only two months left, it's hard to imagine how fast this year has flown past. November is National Family Caregivers Month, and we at the Adult Day Center of Somerset County are committed to supporting our members' caretakers. This month, we're bringing back our coffee clutch and encourage you to stay after drop-off to catch your breath and connect with others facing the same challenges.

With Thanksgiving right around the corner, we are taking time to reflect on the many reasons we have to be grateful this year. The Adult Day Center's post-pandemic recovery is well-underway with new members joining every week. Our programs and services are gradually returning to where we left off at the onset of COVID in March 2020. We've come a long way, and we're on the right track thanks to the generosity of our donors who have sustained the ADC each step of the way.

Be on the lookout for our annual appeal and, if you participate in Giving Tuesday, please remember the ADC. Our way forward is paved by those who believe in the services we provide to all in need of adult day care services regardless of their financial limitations.

On behalf of the staff and board of trustees, I wish you and your family a happy and warm Thanksgiving.

Sincerely,

*Diann Robinson*

Executive Director



### RSVP for Tomorrow's Candle Lighting Ceremony

Please join us at the ADC for the return of our in-person candle lighting ceremony tomorrow, November 2nd, at 6:30 p.m. This poignant commemoration is a time to reflect and honor lives touched by dementia-related illnesses. This is our first in-person candle lighting since 2019 (due to COVID restrictions) and we are looking forward to gathering together for this moving tribute. Please RSVP to Diann

Robinson at 908-725-0068 or [drobinson@aduldaycenter.org](mailto:drobinson@aduldaycenter.org) with the number attending in your party and if you'd like your loved one's name read during the ceremony.

---

### "Caregiver Cafe" Returns This Thursday!

Our "Caregiver Cafe" returns to the ADC starting this Thursday, Nov. 3rd from 9:30 a.m.-11:00 a.m. Led by volunteer Debbie Falconeri, this is an informal drop-in coffee klatch for caregivers. Please mark your calendar and join us on Nov. 10th and 17th, too.

---

---

### Last Call for Tickets

Our Generations Gala is only a week away, if you haven't purchased your tickets yet, please [click here](#). This year's event will recognize Jim Gibson as our 2022 Steve Kalafer Community Leadership Award honoree and SSP Architects as our 2022 Outstanding Community Partner.



### Celebrating National Family Caregivers Month

There are over a million families in New Jersey taking care of an adult loved one, according to the CDC. We know it's a very worthwhile, but difficult task. That's why the ADC remains steadfast in our commitment to supporting our members as well as the people who work tirelessly to ensure their health, safety and happiness. If you don't already, please take advantage of our support group and please join us for the "Caregivers Cafe." We're here for you and, our community is here for each other.

Our friends at Comprehensive Services on Aging at Rutgers Health (COPSA) are offering a special presentation in honor of National Family Caregivers Month:



## Caregiving Around the Clock: Sharing Strategies, Stories and Wisdom for Maintaining Your Balance While Caring

*Many caregivers struggle with the unending and ever-changing demands of providing support for a loved one with memory loss. In addition to all of the hands-on assistance needed during the day and night, many caregivers experience ongoing emotional stress. Take heart. There are things you can do to the maintain your balance as you offer care. Join us for this informative session reviewing strategies and sharing stories on how to best support yourself while providing care. You matter, too!*

**Thursday, November 10th at 1:00 p.m.** [Click here to register for this free webinar.](#)

### Additional Caregiver Education Programs

Alzheimer's New Jersey offers a number of workshops to family members at all stages of dementia-related illness. The webinars listed below are free and registration links are provided below. You can also register by calling their Helpline at 888-280-6055.

**Coping with Caregiver Stress:** Caring for a person with Alzheimer's disease or other forms 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 care. This program examines caregiver stress and offers coping strategies. **November 8th at 2:00 p.m.** [Click here to register.](#)

**Safety Considerations in Alzheimer's Disease:** Alzheimer's disease causes progressive changes in abilities and judgement. It is important for family caregivers to anticipate potential safety risks and take proactive steps to address their loved one's safety needs. This program offers practical tips for fall prevention, home and medication safety, driving concerns, reducing the risk of wandering, and preparing for emergencies. **November 16th at 3:00 p.m.** [Click here to register.](#)

**Understanding Dementia: An Overview:** This program is designed to provide caregivers a comprehensive overview of Alzheimer's disease and other forms of dementia. Caregivers of individuals with dementia will learn about the various stages of the disease, the process of getting a diagnosis, strategies for care and much more. **November 29th at 1:00 p.m.** [Click here to register.](#)

### Halloween at the ADC!

It was all treat and no tricks at our Halloween party. We had a blast dancing to tunes from DJ Gary Morton and enjoying each costume. If you haven't had a chance to check out the photo album, [click here](#).

The party was sponsored by Hospice of New Jersey and our friend Robin Williams joined us to share goodies and take part in the fun.



### Tis the Season for Sharing

As you plan your end-of-year giving, we respectfully ask you to remember the Adult Day Center. We provide a complete day of social and therapeutic activities for all, regardless of their ability to pay. Because of our generous donors, we are able to keep the cost of care, at a time of inflation and rising operating expense, to a mere \$85 per day. If you believe in what we do, please join our community of supporters.

Giving Tuesday is November 29th. If you participate, please visit our [website](https://www.adultdaycenter.org). Our annual appeal will feature stories from the progress we've made this year and a profile of some of our members; be sure to look for it in your mailbox in the weeks ahead.

**GIVING TUESDAY**  
is  
**November 29th**



**AdultDayCenter.org**

# **November 2022 Closures**

The ADC will be closed on the  
following dates:

**Tue. Nov. 8th Election Day**

**Fri. Nov. 11th Veterans' Day**

**Nov. 24th & 25th Thanksgiving**







#### About the newsletter

Please email Nicole Castillo at [nicole.castillo@adulthoodcenter.org](mailto:nicole.castillo@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. Thank you!

#### "Like" us on Facebook!

We update our [Facebook](#) pages regularly with our schedule for the week and news of what is happening at the Center. Please "Like" us and check out our photographs.

---

#### Donate Now

The Adult Day Center is a nonprofit 501(c)(3) that raises a portion of its operating funds through donations from individuals, corporations, and foundations. Individual contributions are directed to the Annual Fund which is the foundation of our philanthropic support. These gifts constitute the most important source of unrestricted funds available and allow the ADC to offer a sliding scale for payment when appropriate. Giving to the Annual Fund is an opportunity to

donate and to provide sustained on-going support for our mission.



### Stay Connected

Please keep in touch and visit our Facebook page!

---

[Unsubscribe](#)

Adult Day Center of Somerset County  
872 E. Main Street Bridgewater NJ 08807