

ADULT DAY CENTER OF SOMERSET COUNTY NEWSLETTER

March 2023

QUALITY TIME



Grace (left) is helping Activity Director Jane Drake air-bob for donuts. If you love people, and enjoy sharing joyful moments, please consider joining us as a volunteer.

Dear Friends,

So far, 2023 has brought the return of some of our favorite events and traditions. And while we're all enjoying each step toward our pre-pandemic level of programming, a key component of our community is still sorely missed, and that's YOU!

Volunteers are a welcome addition to our daily routines and special events. If you, or someone you know, has a heart for older adults and a little spare time, please consider sharing with the ADC community. Individuals and groups are welcome to join us for time well spent. Interested? Email me at drobinson@adulthoodcenter.org.

Sincerely,

Diann Robinson, Executive Director

SAVE THE DATE FOR OUR 25TH ANNUAL WINE TASTING

Our 25th annual "Getting Better with Age" wine tasting and fundraiser will take place on Thursday, June 15th at the Raritan Valley Country Club. This year's event will feature Carolina Wine Brands best Chilean winemakers set to the backdrop of Latin Jazz.

Details to come in the weeks ahead- stay tuned!





IN CASE MARCH COMES IN LIKE A LION...

In the event of bad weather, the ADC will make information about delayed openings and closures available in the following ways:

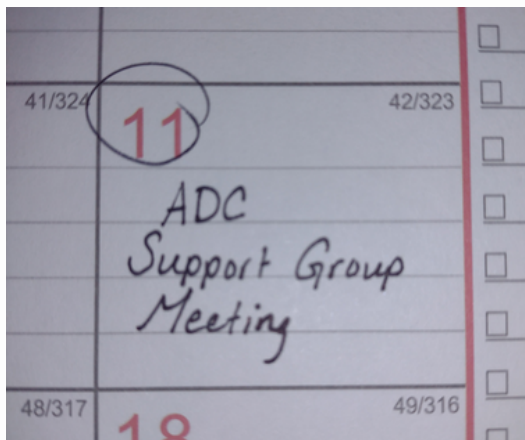
- On the top bar of our [homepage](http://www.adultdaycenter.org) (www.adultdaycenter.org)
- In a recorded phone message (908-725-0068)
- On Magic 98.3 FM and NJ 101.5 FM
- [Facebook.com/Adultdaycenter](https://www.facebook.com/Adultdaycenter)



Member Moments

Our Valentine's Day "Sweethearts Dance" returned to the ADC for the first time since 2020. Thanks to the generosity of the Castaneda/Kusmick Family, our members and their families were treated to brunch, cake, punch and timeless love songs. It was a special time for all!





SPECIAL SUPPORT GROUP AND CAREGIVER ART PROGRAM MARCH 11TH

This month's Caregiver Support Group will feature guest speaker Robin Williams from Hospice of New Jersey to discuss the "Five Wishes" advanced directive.

In addition, caregivers and their family are invited to stay after the program and lunch to participate in the first of three art programs this year designed for relaxation and expression.

Please RSVP by 3/9 to sscelfo@adultdaycenter.org or **908-725-0068** and let us know if you're bringing your loved one so that we can have activity staff available.

Join us after this month's
support group meeting for
"The Art of Caregiving"

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

10:00-12:00 p.m. Support group/member activities

Followed by lunch at noon

1:15-2:15- "The Art of Caregiving"

Watercolor Workshop



Member Moments

We celebrated "Fat Tuesday" ADC style. Members enjoyed all the revelry and traditions of Mardi Gras- complete with music, masks and even a pinata!



SAVE THE DATE: FAMILY INFORMATION NIGHT APRIL 18TH

Please join us Tuesday, April 18th for an evening of news and helpful information. We will be joined by elder care attorney Thomas Murphy to discuss practical tips for staying "healthy, wealthy and wise." Dinner will be served. Details will be available on our website and in next month's newsletter.



Follow us:



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@ADCofSomerset



Managing Challenging Behaviors: Strategies for Preventing and Coping When Caring for a Loved One with Memory Loss



People with memory loss may do things that make caregiving difficult. Family members caring for someone at home may feel overwhelmed, with no idea about how to deal with the behaviors they see. During this presentation, caregivers will learn about ways to understand and manage worrisome and potentially risky behaviors.

Join us for this free, interactive session on either your computer or on your telephone.

FOR MORE INFORMATION:
Contact Mary Catherine Lundquist at
lundqumc@ubhc.rutgers.edu or call
Care2Caregivers at 800.424.2494

March 15, 2023 | 1:00-2:30 pm

Click [HERE](#) to register.

*After registering, you will receive a confirmation email
containing information about joining the meeting.*

800-424-2494

RUTGERS HEALTH

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



Institute for Alzheimer's Disease
and Related Disorders

Concerned about someone with memory loss?

For 45 years, the COPSA Institute for Alzheimer's Disease & Related Disorders has been helping individuals, families and professionals who care for those with memory issues by providing compassionate care, treatment, support and education. To find out more about services call us at **800-424-2494**.

COPSA March 2023 VIRTUAL SUPPORT GROUPS CALENDAR

Spouse Support Group March 6	9:30 – 11:30 am
Adults Caring for Parents Group March 7	7:00 – 8:30 pm
Caregiver Afternoon Support Group March 14	1:00 – 2:00 pm
Spouse Support Group March 20	9:30 – 11:30 am
Adults Caring for Parents Group March 22	7:00 – 8:30 pm
Evening Caregiver Support Group March 29	7:00 – 8:30 pm
Transitions Bereavement Group March 30	10:00 – 11:00 am



The Care2Caregivers Helpline – 800.424.2494 – provides telephone support for every step of your caregiving journey. Lines are answered by professionally trained peers who have also been caregivers. Supportive counseling, information, referrals and education. Special emphasis on caregiver wellness. Monday through Friday – 8:30 am - 4:30 pm, or email at: caregiver@ubhc.rutgers.edu.

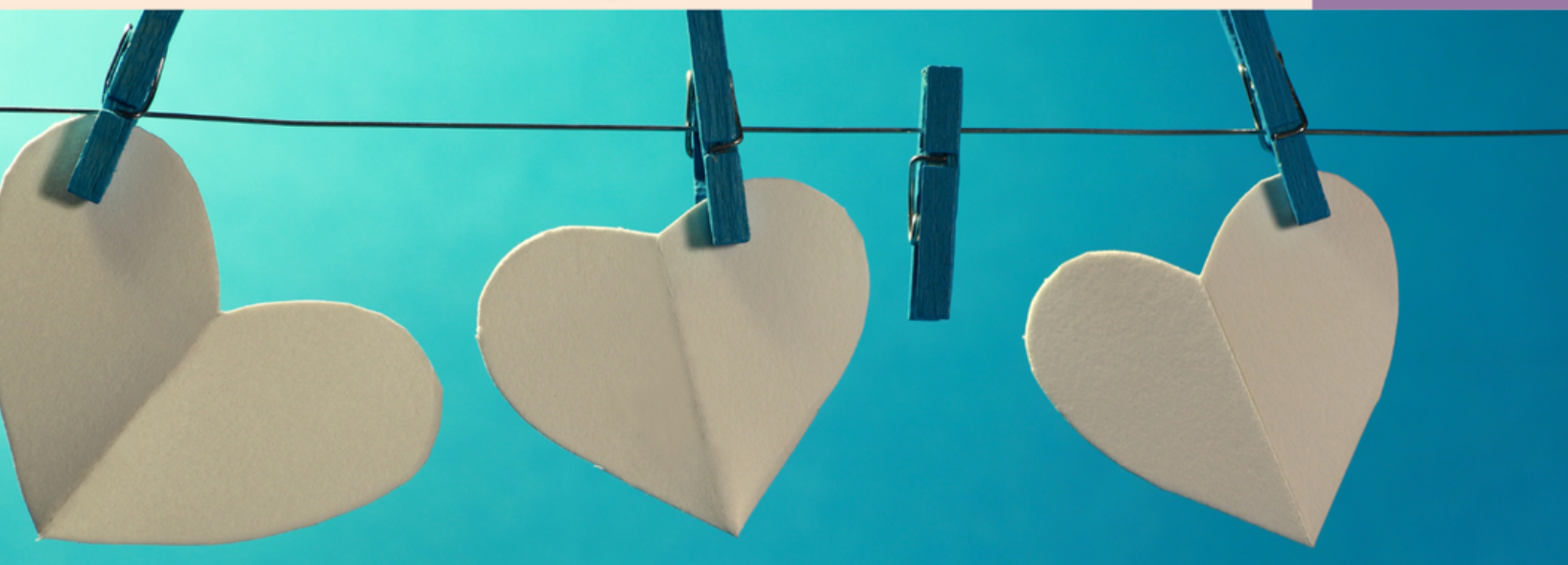
All groups are free, open to the public, and professionally facilitated. Contact us for the full schedule of meetings.

To register and receive log in information

call **800.424.2494**
or email Mary Catherine
at: lundqumc@ubhc.rutgers.edu.

RUTGERS HEALTH

University Behavioral Health Care
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VIRTUAL LUNCH & LEARN:

HEALING THOUGHTS - TAKING A LOOK AT GRIEF

TUESDAY, MARCH 21
12:00-1:00PM

Presented by Jennifer Denlinger
Family Support Advocate
CPRS, MS, MATS

Registration Required

[Click here](#) to register.

Topics to be discussed include:

- Stages of grief
- Five myths about grief
- Different types of grief
- Coping and healing

Available to the public

Contact rocky schwartz with any questions:

✉ rschwartz@njprevent.com

March Programs and Services Bulletin

ONLINE EDUCATION CALENDAR

Alzheimer's New Jersey® Virtual Community Education Programs provide caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer's disease and other dementias.

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

Managing Behavior Changes in Alzheimer's Disease

Wednesday, March 1st at 1p.m.

Activities at Home: Effectively Engaging with an Individual with Dementia

Tuesday, March 7th at 11am

Coping with Caregiver Stress

Thursday, March 16th at 11am

Safety Considerations in Alzheimer's Disease

Tuesday, March 21st at 3pm

Understanding Dementia: An Overview for Caregivers

Wednesday, March 29th at 12pm

CAREGIVER SUPPORT GROUPS

Requests for in-person groups have increased. Support groups are now meeting in the following locations:

- Chatham (NEW location!)
- Roseland
- Oradell
- Jackson

We also offer virtual groups!

Interested in joining a support group?

Submit a Support Group Inquiry Form

RESPIRE CARE AND WELLNESS PROGRAM

The program provides family and caregivers with information and education about the importance of regular time-off from caregiving and helps link them to available community-based respite care resources. \$1000 scholarships help defray the costs of respite services for NJ caregivers.

Call our Helpline to learn more!
(888)-280-6055



Family & Community Services of Somerset County Presents:

th11 Annual

A Night Of Comedy

Plus A Silent Auction

Saturday, March 11, 2023

Doors Open at 7 P.M. - For Silent Auction Preview and Seat Selections

Show Starts at 8 P.M.

Purchase tickets online at our website – www.fcssomerset.org

For more information call 732-356-1082

\$40 Advance Tickets

Villagers Theatre

475 Demott Lane, Somerset, New Jersey 08873 (Franklin Township Municipal Complex)



Tim Hayes

Emcee Headliner

Tim has headlined at Catch A Rising Star and has appeared at comedian who has appeared on some of the top venues in the tri-HBO, Comedy Central, The View, state area including Gotham and Netflix, and Showtime's "Even More Stand Up NY comedy clubs in New Funny Women of a Certain Age." York City.



Leighann Lord



Brian Scott McFadden

Headliner

Brian is both an accomplished stage actor, who has played Hamlet in New York, and a versatile voice over artist with a vast range of accents and character voices in his repertoire.

Come out and enjoy some PG-16 comedy and a chance to win great prizes.

Mail checks to: Family & Community Services of Somerset County (FCSSC), 339 W. 2nd Street, Bound Brook, New Jersey 08805

Proceeds benefit Family & Community Services of Somerset County (FCSSC) - a 501 (c)(3) nonprofit that provides affordable, professional mental health and substance use disorder services and accepts most major insurances including Medicaid and Medicare.