



Your Monthly Update on Adult Day Services Provided by Adult Life Programs

Thank You to Texas Roadhouse



Patricia Hatch from Texas Roadhouse delivering rib dinners to Adult Life Programs employees.

Thanks to Texas Roadhouse for providing delicious rib lunches for 20 well deserving Adult Life Programs employees!

Texas Roadhouse generously donated the rib lunches to ALP's hard-working employees who care for 85+ participants each day.

Adult Life Programs appreciates Texas Roadhouse for appreciating Adult Life Programs!



The Early College Freshman Students from Caldwell Community College are spending Fridays with Adult Life Programs in Lenoir from 9 – 2. They enjoy playing checkers and the Wii with our participants and getting to know more about the geriatric and disabled community. Adult Life has been blessed by having their presence at our center.



It's "A Sweet Way to Help"



Adult Life Programs will host a fun, family event on **Saturday, May 2 from 2:00 - 4:00 pm** at the First Presbyterian Church, downtown Hickory. It is an Old Fashioned Cakewalk to benefit Adult Life Programs. Activities include the main attraction, the Cakewalk with Master of Ceremonies, DJ Superfly. For the price of a \$2.00 ticket, "walkers" will have the chance to win a cake donated by a local business or restaurant. In addition, guests can get tips on cake decorating at the cake decorating demonstration. Kids will have a chance to practice their skills and decorate a cupcake to take home or eat right there. The bake sale may be the largest collection of cakes for sale you have ever seen. It's Fun and It's "A Sweet Way to Help" Adult Life Programs. Tickets \$2 per event. Information at 828-326-9120.

EDUCATIONAL OPPORTUNITIES AT ALP Everyone is welcome to attend!!

AT THE CONOVER CENTER:

The GAST Team will do a presentation on "Psychotropic Medications" on Monday, April 13th at 10:30 a.m.

AT THE HICKORY CENTER:

The GAST Team will do a presentation on "Stress" on Monday, April 6th at 1:30 p.m.

AT THE LENOIR CENTER:

The GAST Team will do a presentation on "Stress" on Thursday, April 30th at 10:30 a.m.

AT THE MAIDEN CENTER:

The GAST Team will do a presentation on "Cultural Competence" on Monday, April 27th at 10:00 a.m.

WISH LIST

Maiden

BINGO prizes (Bracelets, clasps, etc.)

Items for gift baskets for fundraiser (for all centers)

Digital Camera w/zoom lens

Wii Games

2 outside benches & sturdy outside chairs

Glue Guns & Glue Sticks

Volunteers

Hickory

BINGO prizes

Auction Items

Crochet Needles

Sugar Free Chocolate

Gift cards from AC Moore

Lenoir

Gift Cards for WalMart and AC Moore

Canvases to paint on

Seat cushions for dinning room chairs

Nintendo Wii games

Bingo prizes for men

Volunteers

Snap together model cars

Sturdy outdoor furniture - weather proof

Conover

Heavy Duty Mixer

Food Processor

Large soup pot

Dish Towels

Adult Life Programs' Mission

Adult Life Programs provides support, respite and education to caregivers and affordable, quality day and treatment services enabling adults to remain in their communities.

Welcome New Participants

Maiden - Welcome Willie Mae C. She lives in Balls Creek, NC. Willie Mae likes to read, do word search, word puzzles and to talk.

Maiden - Welcome Audrey D. She lives with her daughter and son-in-law in Maiden . Audrey likes to socialize with anyone and loves going to church.

UPCOMING EVENTS

Lenoir Center: Our **Caregiver Support Group** will meet on **Tuesday, April 7th** starting at **9:30 a.m.** Any caregivers are welcome!

Adult Life in Lenoir will be putting together cookbooks consisting of recipes gathered from staff, participants and caregivers. Keep looking for them to go on sale soon.

Conover Center: Conover ALP will have an Easter Celebration Luncheon on **Wednesday, April 8th** . We would like to invite all caregivers, family, and Adult Life Program staff.

Hickory Center: Hickory ALP will have their volunteer luncheon scheduled for **Thursday, April 23rd**. All volunteers are welcome to attend.

The Geriatric and Adult Specialty Team is pleased to announce that they are pairing with the McDowell County Senior Center to offer a class on Stress Management for the Caregiver. This class is open to any person acting in a caregiving capacity. The class will be held at the McDowell County Senior Center on Tuesday, June 9th, from 1:30 pm – 3:30 pm. There is no charge for the class and 2.0 contact hours will be awarded to attendees. To register for the class, please contact the center at (828)652-8953.



Please remember Adult Life Programs **AGAPE** fund when doing your estate planning. For more information, contact Jane Rollins at 326-9120. Help secure the future of Adult Life Programs.

The kindergarten teacher was showing her class an encyclopedia page picturing several national flags. She pointed to the American flag and asked, "What flag is this?"

A little girl called out, "That's the flag of our country."

"Very good," the teacher said. "And what is the name of our country?"

"'Tis of thee," the girl said confidently.

Caregiver's Column



Members of the GAST Team: Terry Spencer, Carol Benetti, and Thelma Horton

Did you know April is Alcohol Awareness month?

Memories of our first drinks are sometimes funny or can be sad depending upon the outcome. They sometimes remind us of our youth, rebellion and transition to adulthood. When many people think about alcohol abusers, they picture teenagers sneaking a drink before high school football games, wild parties when parents are out of town, or bums on the streets.

People who abuse alcohol can be anyone including college students who binge drink at local bars, pregnant women who drink and put their babies at risk for fetal alcohol syndrome, professionals who drink after a long

day of work and senior citizens who drink out of loneliness. Alcoholism is a disease marked by addiction and could happen to anyone of us.

Many face challenges of aging such as losing a spouse, losing friends, loss of independence, loss of self identity after retirement and fear of being alone. Drinking may start as a means of passing time or to relieve sadness. It may also begin as a coping mechanism for loneliness, stress, management of chronic pain and illness and/or to mask depression.

In 2003, almost 23% (54 Million) of Americans participated in binge drinking within 30 days prior to taking survey by Substance Abuse and Mental health Services Administration (SAMHSA's). The same year, approx. 21.6 million adults abused alcohol or were alcohol dependent.

Most people over 65 do not use illegal drugs, but almost 20 percent of older adults misuse alcohol, over-the-counter medicines, and prescription drugs. This often happens unintentionally due to poor eyesight, forgetting that medications were already taken, or as a result self-medicating symptoms.

Due to physiological changes and contraindications of medications in older adults, harmful side-effects can be seen when alcohol is rendered in lowered doses versus younger adults. Many older adults are unaware of this fact. During the aging process the body changes in various ways, such as the ability of the liver to process drugs and other substances out of the body. Also, the effects of drugs-intended and unintended-last longer. Kidney function changes due to the reduction of blood flow therefore, removing fewer waste products from the blood.

Due to effects of the aging process, which might include social isolation, denial and biases, alcoholism is difficult to detect in the aged population. Here are a few signs and symptoms of alcohol abuse to watch for: unusual instances of memory loss, dizziness, neglect of activities of daily living, frequent falls, lack of coordination, frequent car accidents, malnutrition, blackouts, seizures, confusion, persistent irritability, altered mood, depression, unusual restlessness, agitation and aggressive behaviors.

Some older adults may not be aware of this problem of abuse and dependence in the geriatric population. Help is available, do not be discouraged, just observant! You are not alone. There are numerous resources available. If you feel that you or a family member have a drinking problem call and talk with a physician, hotline (1-800-622-HELP or 4357), or local mental health agency.

Submitted by: Geriatric and Adult Specialty Team of Adult Life Programs, Inc. who provides consultation, education, training and technical assistance to staff at nursing homes, adult care homes, and family care homes who care for adults with mental illnesses; and caregivers that serve older adults with mental illnesses at risk for psychiatric hospitalizations. To schedule a consultation or training offered by the team, please contact Terry Spencer, MSW, LCSW, Carol Benetti, RN, MSSW, or Thelma Horton, BA, QP at (828) 326-9120.

Adult Life Programs, Inc.
226 2nd St. NW
Hickory, NC 28601
(828) 326-9120

Return Service Requested

A Big **THANK YOU** To:

Monetary Donations:

Jayne Abernethy
David Willingham
Interactive Medical Systems
CBSA Architects

Little Mountain Florist - Bingo prizes
Cathy Cutlett - gifts for basket items
Janie Harwell - gifts for basket items
Juanita T. - Bingo prizes
Doris K. - Bingo prizes
Kenneth S. - Bingo prizes.
Larry P. - Bingo prizes

Hours of Operation

Monday – Friday
6:30 a.m. – 5:30 p.m.

Location/Directions

Maiden Center: Barbie White
Day Services Manager
3390 Shepherd Road, Maiden, NC 28650
Phone: 828-428-9010/Fax: 828-428-9991

Hickory Center: Amanda Hartness
Day Services Manager
1265A 21st Street NE, Hickory, NC 28601
Phone: 828-324-1313/Fax: 828-322-9174

Conover Center: Anna Miller
Day Services Manager
211 2nd Ave. PL NE, Conover, NC 28613
Phone/Fax: 828-464-0078

Lenoir Center: Lisa Patton
Day Services Manager
1002 Kirkwood St. NW, Lenoir, NC 28645
Phone/Fax: 828-758-5855

**Geriatric Team, Community Support
Mental Health & Central Offices**
Jane Rollins, Executive Director
226 2nd St. NW, Hickory, NC 28601
Phone: 828-326-9120/Fax: 828-327-2661

