

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

## *Happy Holidays!*

I love this time of year - of course most of us do. There is so much to celebrate and be thankful for. I've been thinking about what I'm thankful for this year, really thinking about it. I've realized with my father's progressing disease that the things we're thankful for can be fleeting, and sometimes we never see the changes coming. Recently, I was stopped at a stop sign on Lenoir Rhyne Boulevard, waiting to turn right. As I waited, a rather elegant couple walked past me. I thought they looked so regal, as if they belonged in another time strolling down the streets of Charleston, her with a parasol and he with a top hat. Imagine my surprise when I realized their destination was the Salvation Army homeless shelter. That started me thinking about all I was grateful for, and how I could make a difference somehow this season. Despite how small it may feel, we can make a difference. You and I. We might not see the difference we make, but we can make a difference.

Adult Life Programs realizes this, and to that end we have decided we will work with Mental Health Partners this coming year to call awareness to and ease the plight of the homeless. We'll provide you with ways you can help us do this. A participant recently told me (and a group of about 75 others) how he had realized why giving to charity was important, and what a small gift meant to the community. I was inspired by this young man, as were all who heard him. He taught me that each of us, no matter how needy we may be, can still give to others, and that by doing so we make ourselves stronger. I'll always be thankful to him.

There are many ways to help. You could contribute to Adult Life Programs' Betty Hawn Fund, which provides scholarships to those who need our services but can't afford to pay for it. You could make a gift to the Humane Society, or give a deserving animal the second chance we all got at some point. You could help a struggling family you personally know. You could help the Rape Crisis Center or Family Guidance Center by ensuring they are able to help someone devastated by violence. You could help Exodus House provide guidance for someone rebuilding their life. You could help the girl scouts invest in the future of a young woman. You could serve meals at the Corner Table. The ways to help are countless.

So, I encourage you to actively give and assist this holiday season, and let's make it our New Year's resolution to keep doing so. Never underestimate the power of one person. I learned that recently from Michael. Thanks Michael - your gift to me will go far beyond me.

Happy Holidays,  
Mark



## WISH LIST

### Maiden

BINGO prizes  
Radio with CD/Tape player  
Gift cards from Wal-mart  
Gift cards from AC Moore  
Snap Together Model Cars  
Gift cards from Drum's Restaurant

### Hickory

BINGO prizes - Snack food & hygiene items  
Sugar Free Candy & Chocolate  
Gift cards from AC Moore & Walmart  
Canned soft drinks - regular & diet

### Lenoir

Gift Cards from WalMart & AC Moore  
Bingo prizes (hygiene items) & items for men  
Sugar free Candy and Chocolate  
Silk Flowers  
Round Tablecloths  
Lift Chairs  
Snap Together Models

### Conover

Snack items - crackers, hard candy, small packs of raisins, popcorn  
BINGO prizes - deodorants, lotions, toothpaste, small items, etc.  
Patio Swing  
Porch & Rocking Chairs  
Crayons, Magic Markers, Construction paper  
Gift Cards  
Elmer Glue/glue sticks  
Silk Holiday flowers  
Foam paint brushes  
- Lift Chairs...either donated or ALP will purchase ones in good condition.

### ***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 Staff

The Adult Life family continues to grow!

Please welcome Romenthia (Romie) Rector as our new Day Services Manager at the Conover Site, and Bryan Smith as the new Day Services Manager at the Hickory Site.



You may have seen Romie for a while at the Conover site - she has been the interim Day Services Manager since July, and became permanent in November. Romie has a strong background in mental health services, and

has been busy since her arrival. Romie has been working with our staff to make sure our Conover center is ready for the upcoming CARF survey.

Bryan Smith joined us in Hickory in October as the new Day Services Manager. Bryan comes to us from Catawba Valley Behavioral Health, and has a strong background in quality assurance and CARF. Brian has rolled up his sleeves and been busy at Hickory as well, with his first week bringing a potential gas leak and evacuation!

Please make a point of saying hello to Bryan and Romie, and welcoming them to the ALP family. We are grateful and fortunate to have two talented, committed, and hard working people join our team!



## Betty Hawn

This holiday season please consider a donation to the Betty Hawn Fund. This fund provides scholarships to those who need our services but do not have the means to pay for them. Gifts to this fund are a wonderful way to honor a loved one and impact the life of someone in need in our community.

This fund is a part of our heritage at Adult Life Programs. The namesake, Betty Hawn, was one of the first persons to work diligently for our program back in 1983, giving selflessly to ensure our success. Betty Hawn realized our community's need for our services, and became a tireless advocate for us. She committed her life to serving those in need not only for ALP, but for the community. Betty Hawn founded and managed an assisted living home for the elderly and disabled, and instilled in her family the importance of helping those in need. This value is still found in her family today, as her daughter serves on the Adult Life Programs Board.

No gift is too small to make a difference for those in need. If you would like to make a donation, or have questions about the Betty Hawn Fund, please contact Mark Bumgarner or Dawn Ely at 828-326-9120.

### Holiday Schedule for 2012

Everyone have a happy and safe holiday season and looking forward to serving you next year!!!

**New Year's Day** - January 2, 2012 (Monday)

**Martin Luther King, Jr. Day** - January 16, 2012 (Monday)

**Good Friday** - April 6, 2012 (Friday)

**Memorial Day** - May 28, 2012 (Monday)

**Independence Day** - July 4, 2012 (Wednesday)

**Labor Day** - September 3, 2012 (Monday)

**Thanksgiving** - November 22 & 23, 2012 (Thursday & Friday)

**Christmas** - December 24, 25 and 26, 2012 (Monday, Tuesday, Wednesday)

**HAPPY  
HOLIDAYS**

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

Return Service Requested

**Board of Directors**

Jayne Abernethy  
Will Arant  
Chris Gantt  
Pete Miller  
Casey Pope  
Keith Orrell  
Nicholas Walden  
Nancy Willingham  
Harvey Blume  
Chassidy Triplett  
Karin McDaniel  
Emily Pitts  
Duane Alexander  
Barbara Myers  
Ex-Officio  
Tami Hefner  
Alice Layne  
Amber McIntosh  
Julie Borrero

**A Big Thank You To:**

**Monetary Donations:**

St. Aloysius Catholic Church  
First Presbyterian Church  
Countryside Pet Hospital  
Wayne Gravely's Hometown Brand Center  
Holly Timberlake

**A Big Thank You to:**

Kenneth— Monetary donation for bingo items,  
bingo prizes, magazines, stuffed animals.  
Romie- craft items, and games  
Lynda Kirby - Bingo prizes

**We need volunteers for every center. Please  
call one of the centers listed in your area. You  
will be greatly appreciated.**

**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: Bryan Smith**  
Day Services Manager  
1265A 21st Street NE, Hickory, NC 28601  
Phone: 828-324-1313/Fax: 828-322-9174

**Conover Center: Romie Rector**  
Day Services Manager  
211 2nd Ave. PL NE, Conover, NC 28613  
Phone: 828-464-0078/Fax: 828-464-6081

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

**Central Office**  
Mark Bumgarner, Executive Director  
226 2nd St. NW, Hickory, NC 28601  
Phone: 828-326-9120/Fax: 828-327-2661

