


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

Attend Adult Life Programs Art Sale



fanjoy labrenz
photography
michel bayne
pottery


**ART sale to benefit
ADULT LIFE PROGRAMS**

wine and cheese
thursday march 4th 2010
6 -8 pm

a sale of pottery and photographic prints
a portion of proceeds to benefit
Adult Life Programs of Catawba County

Adult Life Programs building
on the Lutheran Home Campus, Springs Road
1265A 21st Street Northeast, Hickory, NC

regrets 326 9120



W I S H L I S T

Maiden

BINGO prizes
Comedy DVDs
Colored Markers
Plastic containers w/lids assorted sizes
Board games

Hickory

BINGO prizes Crochet Needles
Auction Items Sugar Free Chocolate
Gift cards from AC Moore

Lenoir

Gift Cards for WalMart and AC Moore
Electric Leaf Blower
Weatherproof Outdoor Furniture
Nintendo Wii games
Bingo prizes for men
Volunteers
Snap together model cars

Conover

Bingo prizes
Glad/Tupperware bowl with lids
Construction paper
Silk flowers
Car brushes to wash vehicles
Nonstick soup pot
Outside lawn chairs for porch
Toiletries
Gift cards for craft supplies/Carolina Theatre,
Pin Station
Snack Items - chips, cake mixes, fruits,
crackers
- Lift Chairs...either donated or ALP will
purchase ones in good condition.
- People interested in serving on client rights
committee. ALP will train. Meet quarterly in
Hickory....

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.*

Elvis Visits Conover ALP



Susan and Elvis



Michael as Elvis



Margaret, Evelyn,
Aundrea & Elvis



Barbie & Ted from Conover
ALP fixing breakfast



Nick, Wesley, & Lander relaxing at Maiden
ALP



Sarah is rolling the dice for
a game at Maiden ALP.

REMINDER - The Alzheimer's Association and Adult Life Programs will be having monthly classes for caregiving at the Adult Life Programs in Hickory. These 1 hour classes will be held every 3rd Monday at 1:30. The next class will be in **March, Monday 15th.**



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

Caregiver's Column



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

Personal Growth for the New Year – What will Other's Think?

Do you ever feel that the people who are closest to you are the ones who resist the most as you try to make changes to better yourself? Sometimes, when we are committed to personal growth and change, family members or others who are close to us will do everything they can to try and get us to change back to the way we were – even when the way we were wasn't so great.

Did you ever wonder why that might be? Well, for one thing, when people are used to their lives being a certain way, any change – even when it is an improvement – can be threatening. It is also fairly common for people who are stuck in negative habits to have a hard time tolerating others who are making positive efforts toward change.

If you can convince your family to join you in your quest for personal growth, you will all have an easier time of it. You can support each other through the tough times and give each other encouragement and approval as you begin to see results. If you have to go through it alone, though, let your family/friends in on what you are trying to do, and tell them how positive results will benefit them as well as you. Paint them a vivid word picture of what the end-result will look like, and ask for their help in achieving it.

If you don't get that help, be patient. It may take time to convince them that you are serious, and that you intend to stay close to them even though you are changing. If it ever comes down to the difficult choice between continuing a painful relationship and developing yourself as a person, remember that you always have the right to choose growth without guilt.

-Author Anonymous

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.

In the event of inclement weather, please watch WBTV channel 3 or WSOC channel 9 for any Adult Life Programs closings.



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

Return Service Requested

A Big **THANK YOU** To:

Monetary Donations:

Unifour Deaf Club, Nancy Davis
Hickory Women's Club
Marie Barrier
Pat Woods
Jennifer Garlow
Julia S. - Bingo prizes
Evelyn H. - Christmas bags for participants
Hackney Co. - various items for Christmas bags
Faith Tabernacle Church - fruit for Christmas bags
Angie Pooley - puzzles
Sigmon family - cash donation for Wii, candy, stocking stuffers, Bingo/auction items
Gladys - stuffed animals for shoeboxes
Larry/Geraldine - coloring books, flashcards for shoe boxes, brownie mix
Evelyn - Bingo/auction item/magazines/canned goods/shoeboxes
Shirley/Brenda - Thanksgiving turkey, Bingo/auction prizes
Virginia Stamey - shoebox items
Betty P. - magazines
Cindi - Stovetop dressing for Thanksgiving luncheon
Ruby/Richard - Thanksgiving items
Jessica - canned goods for luncheon/cupcakes
Doris/family - turkey for Thanksgiving luncheon
Jerry/family - hams for Thanksgiving luncheon
Trinity United Church of Christ - cd/radio player, television & holiday treats
Peggy - cash donation to send 8 shoeboxes to Good Samaritan Purse

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

Conover Center: Anna Wilson
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

