






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

Sponsor-A-Day	Adult Life Programs Host Open House
<p>We want to honor Robert McGaha as one of our honorees for Sponsor-A-Day. He was sponsored by West Hickory Baptist Church from the Women on Mission Group. Robert and his wife, Shirley, are very special to the Women on Mission Group at the church.</p> <p>Remember, you can give <b>Sponsor-A-Day</b> at Adult Life Programs in honor or memory of someone or to celebrate a special occasion. Honorees will receive an attractive post-card acknowledging the gift, the information for that day's sponsorship will be posted at the center and the Honorees will be mentioned in <b>The View From the ALPs</b>.</p> <p>The Sponsor-A-Day program provides a day of adult day services for a participant who would otherwise be unable to pay.</p> <p>It is truly a gift that gives twice: once to the honoree and once to the ALP participant.</p>	<p>On September 24<sup>th</sup>, a special Open House was hosted at our Hickory location. This event was an effort to encourage collaboration and partnership with area agencies and providers. As well, its purpose was to educate the community on the services and support that Adult Life Programs offers, and how to plug into those opportunities. Several individuals attended, representing local adult care homes, county agencies, Mental Health providers and others. Those attending the open house were provided with a tour of the facility, opportunities for Q &amp; A, and were also provided light refreshments. The refreshments were noted as "delicious", and were a big hit! The Open House was a success, and Adult Life Programs looks forward to hosting similar events in the future!</p> <p>In an effort to continue this attempt at collaboration, all participants of the Open House received the latest edition of our monthly newsletter, "A View from the ALPS", and will be included in our monthly mailing.</p> <p><i>Those interested in receiving our monthly newsletter via email may contact Tabetha Ferguson/Community Integration Specialist at <a href="mailto:tferguson@adulthoodprograms.com">tferguson@adulthoodprograms.com</a> to request to be added to our mailing list.</i></p> <p><b>Hickory Center Participants and Staff Enjoy A Day at the Mountains</b></p> <div style="display: flex; justify-content: space-around;">   </div> 

## W I S H L I S T

### Maiden

BINGO prizes (knick-knack items)  
Vacuum Cleaner  
4 Slice Toaster  
Dish Cloths  
Cookie Sheets  
Volunteers  
Pitchers (with lids)

### 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  
Table top easel  
Nintendo Wii games  
Bingo prizes for men  
Volunteers

### Conover

Bingo Prizes like Knick-Knacks  
Snack Items like popcorn, gum,  
crackers and suckers

Financial Donations always welcome!

### *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



**Lenoir** - Lillie is a friendly, outgoing lady who attends our program 3 days a week. She lives in Lenoir and used to work at the Western Steer Steakhouse. She enjoys shopping, playing cards, and fellowship with others.



**Lenoir** - Mark attends 3 days a week. He lives with his daughter, Shalina, and her children. Mark enjoys music, playing games and loves to laugh. He is very friendly and loves his daughter and grandchildren very much.

**Maiden** - Darlene S. attends Monday, Wednesday, and Friday. Darlene likes to read, work crossword puzzles, and write poetry. Darlene says most of all she loves the Lord. We welcome you, Darlene.



Everyone is welcome at ALP in Lenoir. Please come and join us.

### **Activity Highlights from**

**Lenoir Center:** This past summer Lenoir ALP has been busy trying to stay cool. So, we stayed inside eating watermelon, playing horseshoes, cards, listening to good music and dancing. We had a Senior Dance with the Conover

Adult Life Program, which we all enjoyed. Elvis came to visit that day. Some of our participants are learning

to cook. Lester made a Peach Cobbler and George made Chocolate Chip cookies. Good going guys! Now that it is autumn we have been going outside shopping, eating out, and leaf watching.

**Upcoming Events for Lenoir Center:** We are excited about the fall season. We will be having our **volunteer luncheon on Nov. 26<sup>th</sup>**. We are extremely honored to have such wonderful volunteers. We hope to honor you and your wonderful dedication and service to Adult Life Programs. We will resume our monthly **Caregiver Support Group in November**. It will be held on **Monday, November 10<sup>th</sup> from 1:00 until 2:30**. Please plan to attend for a time of fellowship, caring, and sharing. This will be an ongoing monthly meeting on the **2<sup>nd</sup> Monday** of the month. Also, a nutritionist from Caldwell County Health Department will do a presentation on **"Eating Healthy for the Holidays"** on **Monday, November 24<sup>th</sup>**.



## *Caregiver's Column*

### **“Save the Day” -Time Management for the Caregiver**

Most caregivers juggle multiple roles and are likely to find that the most precious commodity in their lives is time. You've probably heard how important it is to "take time for yourself," and if you're a caregiver you've probably also wondered how to make that happen on a regular basis. Here are some suggestions on how to better manage your time to make sure you have time for yourself and the many things you need to do each day.

- **Keep an appointment book or calendar available to schedule your day.**
  - With an appointment book or calendar, you can make "appointments" for all kinds of things ranging from visits to the doctor to doing laundry. You may be surprised how much time you save just by sticking to a schedule.
  - If you use a computer, there are many software programs that you can use to set up a schedule. There's a good chance your computer already has this software installed.
- **Delegate.**
  - If someone else in your household has the time and ability to take care of a chore that you usually do, why not ask them to do it for you? If no one in your household can take over a chore, there might be a friend or neighbor willing to help. Ask for help.
  - You may also ask yourself if it would be worthwhile to hire someone to take over one or two of your tasks. Do you do your own yard work? Chances are there is a teenager in the neighborhood who would do at least some of it for a few dollars a week. Do you live in an area with a grocery delivery service? It might be worth a few dollars to have your groceries delivered if it means a free hour or two for yourself.

These are just a few things you can do, but there are literally thousands of books that provide good advice on time management. Do a search for "household time management" in your search engine or ask for books on the topic at your favorite bookstore/library.

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**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.

**The Geriatric & Adult Specialty Team will be having the following trainings at Health First at the Valley Hills Mall in Hickory.**

**Everyone is welcome to attend!!**

Monday, November 3: 9 a.m. -11 a.m.

**Stress Management and the Holidays**

Monday, December 1: 9 a.m. - 11 a.m.

**Bi-Polar Disorder**

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

Return Service Requested

## A Big **THANK YOU** To:

### **Money donations:**

Ronald & Linda Shokes  
Betty Carpenter  
Sue Laney  
Darrell & Christine Setzer  
The family of R.P.  
Clara Perkins  
Senior Ladies Class of Amity Church  
Charles & Emma Reynolds  
Linda & Jerry Goodson  
Rita & Eddie Long  
Donald & Shirley Richard  
Jane Hutchins  
Kenneth S.

Kenneth - Bingo items  
Ruby - Bingo items  
Evelyn - Bingo items  
Trinity United Church of Christ - assisting with sprucing up the Conover center by planting flowers, putting up bulletin boards, cleaning windows  
Dorothy W. - cups & paper towels  
Judy H. & Shamberly D. - Bingo prize  
Brenda C. - Cleansing Washcloth

### **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  
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