

ALP Gazette

A Note from the Executive Director

A Return to Summer!

It's hard to believe that it's been a year and a half since the first volume of this newsletter was developed and distributed. It doesn't seem that long ago, and yet so much has happened!

When I think about all the people we support, I am reminded that we're all accustomed to making new friends and keeping old ones at Adult Life Programs. It makes me reminiscent of the song we all learn in grade school (or perhaps I learned in Girl Scouts), *"Make new friends, but keep the old. One is Silver and the other Gold."*

When I look at all the people who attend our programs each day, I see a lot of happy people engaged in different activities: diamond art, sitting with each other and talking, volunteering at Ashure, book club, going out to eat, farmers market, shopping.....even visiting with Faith, our favorite comfort dog. What is most visible though, are friendships. Some longer than others - - sometimes many years long. However, there is never a time when a person new to our services isn't made to feel welcome, soon enough to find themselves new friends, too. And those new friends might become old ones – the gold ones.

I encourage you to look around the room and take the time to meet a new person. Introduce yourself and share all the wonderful things that make you unique and interesting. I can bet with some assurance that pretty soon you'll be making a new friend. It's easy to do at Adult Life Programs.

Thank you for being our friends: the new ones and old ones, the silver ones and gold ones.

Karin McDaniel
Executive Director

Groundhog Day 2026

From what we've heard, the groundhog saw it's shadow which means we would have 4 more weeks of winter. FINALLY it is summer and we have warm weather!



Camping Interview with Eric



Eric loves to go camping with his family. Some of the things he enjoys doing on his camping trips is fishing and hiking. He loves to go camping up in the mountains. Eric says he'd rather regular old school camping than to go glamping and he usually goes for a couple of days. He says they use phones and or GPS instead of cell phone reception. -Berenice



Issue IV

January 2026-July 2026

Our Mission:

To enhance the vitality of participants' lives and support their caregivers by providing quality adult day services designed to keep them connected to and involved in the community.

Inside this issue:



Volunteer Spotlight	Pg 2
Employee Spotlight	Pg 3
Special Olympics	Pg 3
Seizure Awareness	Pg 7
Volunteer Appreciation	Pg 7
LR Occupational Student Interns	Pg 8
Juneteenth	Pg 8

The Adult Life Gazette is published at least twice a year by the staff and participants. This newsletter will provide the latest activities, guest speakers, staff spotlights and more. The newsletter staff will work together to keep you updated on what's happening around ALP.

Volunteer Spotlight

Mr. Macon



Mr. Macon was born in Louisburg, North Carolina. His birthday is February 21. He has been coming to Adult Life Programs to volunteer for almost 20 years. Some of his hobbies are fishing, riding his motorcycle, and he loves music. -Glenn



St. Patrick's Day

The St. Patrick's Day party at ALP was a blast. It was awesome seeing everyone in green. People had green shirts, shoes, socks, hats and some even dressed as leprechauns. We had snacks while we were educated on the *Luck of the Irish*. -Glenn



Easter Egg Hunt

Easter was exciting at ALP. Everyone loved it and the weather was perfect. We looked for all the hidden eggs. for all the hidden Easter eggs and got candy. -Alyson



MLK Day

Martin Luther King Jr Day is federal holiday honoring the life and legacy of the civil rights leader himself. We celebrated his life at ALP by watching his "I have a dream"

speech. We also watched a documentary about his life and everything he did. At Adult Life Programs, we celebrated black history month by learning about very well-known African American inventors, leaders, etc. every day. -Sam



2026 Winter Storm



We had a really bad winter storm hit the east coast. Flights were cancelled and power outages everywhere. Here in Hickory, NC, we had a lot of snow and ice for weeks. ALP had to close down for all of our safety due to the black ice and snow everywhere. Despite the bad weather, we all were excited to get back to routine and see each other here at the center.



Staff Spotlight

Samantha, Behavioral Health Technician



Samantha has worked here at Adult Life Programs for 10 months. She started working here September of last year. She helps us with whatever we need and she is funny. Samantha also is a part of our newsletter group and helps all of us keep everything organized and fun. -Des

2026 Special Olympics

On Friday, April 14th, 2026, Adult Life Programs participated in the Special Olympics alongside other day programs and schools. Together we showcase our gifts and talents as we competed in various events. We proved that we could be just as active as any of our peers. We participated in field sports and a parade. Everyone at ALP had fun and enjoyed talking with other people. -Carla



Horse Show



Every spring, horse enthusiasts gather to witness and perform the things they learned with horses. I enjoyed seeing the reigning, dressage and much more. This year's horse show was held on May 22nd – 23rd in Dallas, NC. -Carla



Did you know?...The Winter Olympic games of 2026 were held in Italy. The special Olympic games was originally held in Chicago, Illinois in 1968. There was 7,000 athletes from 150 countries. -Alyson





WhatABurger

The outing to Whataburger was pretty cool. Everyone looked like they enjoyed their food and had a great time. The people that worked there were very friendly and welcoming while they smiled and took our orders. Even the managers brought ketchup to our table which was nice. We all had a good time while staying safe. –Glenn



Cracker Barrel



Cracker Barrel was an experience worth waiting for. As we waited for our table to be prepared – we shopped and looked at the unique items for sale. We found candy from back in the day and lots of neat toys from the past. The staff took good care of us and were very patient and kind.



Culver's

Our group went to Culver's last month. All the workers were nice. The cashier was patient with us as she took our orders. The waitress helped to bring our food to the table and made us feel special with their hospitality. We were amazed at how clean the restaurant and the bathrooms were. –Glenn



Outing Highlight: Target

Target was a pretty good outing. Everyone found everything that they were looking for. We all really enjoyed ourselves and the cashier was really nice. We practiced parking lot safety and awareness of our surroundings. —Heather



Outing Highlight: Highland Recreational Center

Highland Recreations Center is one of our favorite outings. We enjoy playing basketball and playing games like ping-pong, pool, and table hockey. -Kevin



Outing Highlight: Conover City Park



On Tuesday June 2nd, we had a picnic in the Conover City Park. The Lenoir Rhyne OT students joined us, and we walked and rolled, had pleasant conversations, and played games. We stayed hydrated by drinking water and staying in the shade.

ALP Theme Days

Superhero Day

Superhero day was April 28th at Adult Life Programs and yes, everyone has superhero qualities at ALP. Here are just a few...



National Unicorn Day

Who knew that April 9th, was National Unicorn Day – you know we couldn't pass up a day to dress up!



Prince & Princess Fashion Show

The Prince and Princess fashion show went over the top as participants showed up and showed out. There were lots of unique poses and everyone's confidence was high. We laughed, joked, and strutted to the music.



Law Enforcement Day

Officer Rasheed Rizk presented on ways for us to stay safe in our community. Participants shared appreciation and asked questions. Officer Rizk talked about police work and how they help people in various situations. He made us all laugh and he was very nice. He agreed to come back and visit again. We gave him a gift to say thank you. —Alyson



Seizure Awareness

March 26 is
PURPLE DAY.
Rise in Purple. Raise Epilepsy Awareness.

A seizure is a temporary episode of uncontrolled, abnormal electrical activity in the brain that affects physical and mental function. Signs and symptoms of seizure vary depending on the area of the brain affected and the type of seizure. Some seizure symptoms are obvious, while others might not be noticeable at all. Some signs are involuntary movements of the arms or legs, spells of staring or unresponsiveness during which the person has difficulty communicating and may remember nothing, whole body stiffening or shaking. Some triggers for seizures are flashing lights or patterns, high environmental temperatures, illness or fever, etc. There are two main types of seizures, generalized seizures and focal seizures. The type of seizure depends on what part of the brain is affected and the symptoms a person has during the seizure. Known factors that affect the brain and promote this abnormal electrical activity include developmental and congenital abnormalities, acquired brain injuries, exposures, etc. To pinpoint where the abnormal electrical activity in the brain that causes seizures, a doctor will likely order brain imaging and other tests. —Heather & Elizabeth



Volunteer Appreciation Week

Volunteer Appreciation week was April 19th – 25th. We have wonderful volunteers that give their knowledge, time, and talents to entertain and support our participants. Special thanks to Morning Star Baptist Church, Faith – St. Stephen's church and her handlers – Savannah, Sandy, and Tim, Jennifer-Hickory Public Library, Kathy, Macon, and the Bad Boys of Conover. We can't say thank you enough for your big hearts and all that you do out of love for our participants.

THANK YOU
Volunteers

Book Donation Drive



Our book drive was a success – thanks to all your generosity. Together we donated over 30 books to the Hickory library. This was our quarterly community service project. We truly appreciate your support. We are currently starting our next project to support United Way's school supply drive. The drive ends on July 31st and information should be coming to you soon.



Lenoir Rhyne Occupational Therapy Student Interns

LR Students have been coming to ALP during the summer to learn how our program works for three years now. They come up with activities for the participants to do during the summer months. I have benefited immensely by working with the students on range of motion and stretching activities. I hope to work with them every summer.



Antiques Road Show



The best place to shop for antiques is in downtown Hickory. There is a decent size market there and they also have a retro shop. They have mid-century furniture and furnishings. We saw a lot of vintage pieces on our outing to the antique shop. At Adult Life Programs Melanie has started an Antique Road Show where participants bring in items, guess their value, and research as a group, the origin and value of each item. We also have started a historical society and look forward to expanding on this.



Juneteenth



Juneteenth is "June" and "nineteenth" together. Which shows respect to day, June 19, 1865, when the Union troops who arrived in Galveston, Texas to announce that the civil war had ended and all African-Americans in the state were now free. We had a guest speaker named Candi Dula from the art museum come in and talk to us about Juneteenth. –Sam