

ALP Gazette



A Note from the Executive Director



Welcome to Winter!

The last time we gathered in the pages of this newsletter was July 2025, and I was remarking then how quickly the months were going by. Now, it's December 2025, and it feels as though the last 5 months have moved even faster.

We are now tucking into the Holiday Season and the time of year when we slow down, spend time with the people we love, and reflect on the year behind us. Within the pages of this newsletter are lovely moments

of reflection, memories of good times spent with our friends, having new experiences, or celebrating the courage and strength of a cancer survivor. A lot has happened in 2025!

In this newsletter I also see much more than the experiences, I see all the ways that people experience *be-longing*: bowling with friends, volunteering & giving back, going shopping and out to eat, parties, painting, and so much more.

Nothing is more special than the feeling of belonging: in a family, with your friends, and in some cases with your work family.

Some of us get to experience all 3 at the same time at Adult Life Programs. Nonetheless, the sentiment is the same.

[Be-long-ing] noun: The comfort of being accepted, valued, and loved for who you are. The assurance of knowing you have a place where your heart feels at peace and your presence truly matters. However you spend your holiday season, my sincere wish is that you spend it surrounded by people you love who bring you joy and the feeling of belonging.

Karin McDaniel
Executive Director

Issue III

July 2025-Janaury 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.



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Happy Birthday Mickey Mouse

On November 18th, 2025 Mickey turned 93 years old. Adult Life celebrated with a day filled with Mickey activities, from activities, games, to short clips and discussions – what a joy!



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.

Hickory Center

Target at the Hickory Center

Recently, the Hickory Center had volunteers from the Target Distribution Center in Newton. They had crafts for the participants to enjoy making. The volunteers were accommodating to everyone. We hope to see them again soon.

-Kevin



Christmas Play

The Hickory Center did a holiday movie theme for our Christmas play this year. The scenes were from Home Alone, How The grinch stole Christmas, Elf, Beauty And the Beast and the birth of Jesus. I was Kevin in Home Alone. The participants came up with the idea.

-Kevin





Stained Glass Group

We had a stained-glass group with Mrs. Wendy in August. It looked as though everyone had a wonderful time doing it. It was cool seeing all the cool creations from everyone. -Glenn



12 Days of Christmas

Christmas spirit was radiating throughout ALP as we celebrate the 12 Days of Christmas with fun days of festive dressing.



Operation Christmas Child

Thanks to the participants, families, and staff of ALP, the Operation Christmas Child mission project was a huge success. We appreciate all that everyone contributed to this effort. The joy on participant's faces as they gathered special items for each box was priceless.



Friend Interviews by Heather



I interviewed 4 of the older participants at Adult Life Programs to see how they like to make friends and what they have in common with others. I asked:

1. How good are you at making friends?
2. Do you think you are a good friend?
3. What activities do you do with friends?
4. What makes you happy?

Kenny: 1. Surprisingly good, I like to get to know people of different ages.

2. Yes, I have always been a good friend.
3. Respect other people and play Checkers.
4. Playing cards with my daughter and friends.

Participant N: 1. I am very friendly.

2. Sure. I think I make friends easily.
3. Checkers
4. My good friend Buck we spend Christmas together. He is my neighbor.

Eric: 1. Good getting to know people and making friends.
2. Yes, I am a really good friend.
3. Playing games and going outside.
4. Going to the cabin and fishing with my wife.

Bill: 1. I am very good at talking with people and making friends.
2. Yes, I have always been easy to befriend.
3. I like to sing country songs so if we can sing together then we will get along great.
4. Spending time with my wife

Breast Cancer Awareness Month



Most everyone knows that a pink ribbon represents breast cancer awareness; one out of every 8 women will be diagnosed with breast cancer. The survival rates are much better than they were even ten years ago. Carolyn Reitzel, a survivor came to discuss her journey with the participants and staff at Adult Life Programs. Since her shocking diagnosis in October 2024, she leaned on her family and faith to get through the treatments. She had 17 weeks of chemotherapy and 30 radiation treatments, which were not easy. Carolyn shared “the best advice I can give you is to do monthly self-exams, and if you would get diagnosed with cancer you must keep a positive attitude. Never give up and accept help when it is offered.” It’s our hope that we continue to do research for a cure for breast cancer, thank you.

—Cole & his mom, Carolyn



What Makes You Happy at ALP?

Most people at ALP enjoy socializing and talking with each other. Outings and activities that help us interact and work together make us happy as well. We have had a few outings recently and everyone really enjoyed their time in the community with their friends and staff. -DM



What I Like About ALP

I like ALP because there is a great community of different interests. The staff are great too! All the staff are so friendly. I can always find a group of people who are interested in one of the hobbies I love to do. It is always a wonderful time here at ALP. - Madison



Outing Highlight: Girl's Trip to Michael's



Adult life set up a girls group to go shopping at Michael's. It was good to go out and buy whatever we wanted. I purchased some diamond art supplies. Others bought their own things that they like to do and some snacks and drinks. We had a great time. -Amanda



Outing Highlight: Zaxby's & Granny's Country Kitchen

The outing to Zaxby's was a lot of fun! It was nice to see everyone enjoying themselves and having a nice meal together! The workers there were very nice and friendly. They had a lot of cool pictures on their walls like Elvis and a whole lot of races at drivers. My favorite picture had to be the one of Elvis. The guys outing to Granny's Country Kitchen was a blast. Everyone had a great time. The workers there were nice, especially our waitress! Everyone had something a little different to eat and we asked each other what our favorite things were while we waited for our food. It was all delicious. -Glenn



National Cat Day

The participants enjoyed making Oreo cat cookies in October. A great treat for the fall festivities.



National Color Day

National color day was a whole lot of fun. It was great to see how everyone had their favorite color on! There were a lot of bright and beautiful colors worn that day. -Glenn

National Chocolate Day History

Chocolate day started in 1952. It is now a national holiday that is celebrated in many towns and cities. -DM



Fall Festival

We were grateful for Halloween and our fall festival. One day of Halloween and candy for all our treat bags. We were so happy about all the fall themed games and costumes going on. We had a wonderful time together and the costumes were great! -Davina



Trick
OR
Treat



Maiden Center



This past Halloween, participants from the Maiden Center joined with the Conover Center to Celebrate Halloween in style. Everyone dressed up in their Halloween best and enjoyed music and dancing provided by DJ Andrew Vernon.



Once a month, participants strike up some fun at Pin Station for some Bowling.



Participants enjoyed getting in the holiday spirit with a Christmas Cookie Decorating class.



The Bandys Fire Department paid a special visit to participants at the Maiden Center to share important information on Fire Safety.





Conover is busy giving back to the community this past year. Participants and staff are now volunteering weekly at Ashure Ministries. Ashure Ministries provides emergency crisis assistance to people in need in Catawba County. They help people with food, clothing, utilities, rent, and such essentials. ALP Conover work in the warehouse (food pantry) packaging and sorting items to be distributed to those in need. Thus, Ashure provides hope and help to people in need throughout Catawba County. Written by Sasha Stinson ; Typed by Jonathan Lowman

Conover Center



Conover Participants enjoyed an outing to the Catawba Science Center in September and were fortunate enough to experience the Butterfly Garden .



Adult Life has really prepared me for the workforce, doing chores daily has helped me for the housekeeping position at Frye Regional. Being held responsible for our daily task helps keep me accountable. I really appreciate everything Adult Life does for me. Without Adult Life I wouldn't have been referred to Vocational Rehabilitation and have an amazing job coach to help advocate for me within the job force. Written by Nicole Sanchez

