

ALP GAZETTE

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.



Take a look at us now...41 years later and counting!

Welcome to Adult Life Programs!

I have been asked to write an introduction to the newsletter that is being developed by a group of imaginative, competent, and spirited people -- all of which lend themselves to the creation of a splendid document we are all excited to see!

The creative spirit needed to develop a document designed to showcase all the wonderful happenings at Adult Life Programs reminds me of the joyful energy on display at any of our centers any given day. It is not uncommon to see people engaged in music, art, craft, exercise, dancing, or the more subtle art of quietly enjoying the company of a friend. Each person can find what speaks to their heart at Adult Life Programs.

We invite you to join us in our excitement to see this newsletter unfold and evolve through the time and attention of the people dedicated to its development. I'm certain this will mirror what is already happening at Adult Life Programs -- a joyful display of energy that comes from the heart!

**Karin McDaniel
Executive Director**

ALP Happenings...

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.

Newsletter committee members will gather information through research, interviews, surveys, etc. All are encouraged to participate in this collective effort. Please let us know if you would like to be a part of our committee.

Maiden News...

The Maiden Holiday Celebration was one to remember. The “Seniors on the Move” provided holiday entertainment and a delicious meal was prepared by Polly for participants. Everyone enjoyed spending special time fellowshiping while breaking bread.



Conover Spotlight

Our participants have commented on how they enjoy opportunities out in the community, whether shopping at the local Wal-Mart or Thrift shopping. This past summer when the weather was nice we enjoyed picnicking at Murray's, touring Murray's Mill, Hickory Aircraft Museum, and local parks.

Monthly, we enjoy the bowling alley, library, and Carolina Theater. These outings allow participants to stay connected to the community and helps with socialization.

Additionally, we enjoy activities that enhance brain aerobics, such as Bingo, Deal or No Deal games, Word of the Day, cognitive skill challenges (such as word searches), scrabble, crossword puzzles, brain teasers, Family Feud, Chain Reaction and Jeopardy.

We have a group discussion weekly where participants can share freely what's important to them.



History Spotlight

Established in 1983 in a Sunday School classroom in Corinth Reformed Church, Adult Life Programs' mission is "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 their community." Our Vision is "To be the leading provider of Adult Day services in North Carolina." We are thankful for the devoted group of people who had the wisdom and determination to make their vision of a safe, affordable Adult Day Care a reality for our community. Forty-one years later we operate three centers in Catawba County, licensed to serve 116 people and their families living in Alexander, Burke, Caldwell, Catawba, and Lincoln counties.

Since 1983 Adult Life Programs has been a blessing to so many families, individuals, and the community at large. We have enabled participants to have enriched lives and avoid premature institutionalization and in doing so supported caregivers by allowing them to maintain their employment or enjoy much needed respite from the stress of caregiving duties. The services we provide on the continuum of aging in place allow people to remain at home longer and keep families intact.

Karin McDaniel,
Executive Director



...making a difference every day.

Operation Christmas Child Mission Project

I made a shoe box for a 2-4 year old girl this afternoon! It was really fun! I had never done one by myself before! I put a stuffed animal, a blanket, crayons, a toothbrush, a wash cloth, a bar of soap, and some hair bows inside of it. It really made me feel good doing something like that for someone else. It made me feel really special when I did it. I think that the little girl is gonna love what she receives!

By: Glenn G.



Veteran's Day Celebration

Recently, a retired naval veteran from Hickory came to the Hickory Center to talk about his experiences in the Navy. He spent four years in the United States Navy in San Diego and served as a secretary for Navy. He went into service for the discipline. His father was a veteran in the navy also. The Hickory center would like to thank Robbie Link for his service and for sharing his time with us.

- Kevin T.

Faith - the Comfort Dog

Adult Life Programs has been visited by a comfort dog named Faith every other week for a year now and she is popular with the participants at the Conover, Hickory, and Maiden Centers. She has been to other places where they needed comfort. Faith is part of a ministry at St. Stephen's Lutheran Church on Springs Road. She will let people pet her and she will give kisses.

-Kevin T.



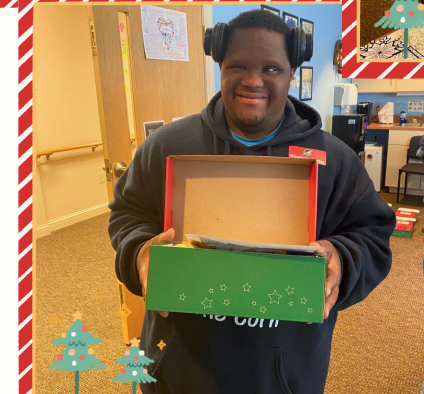
Recently, the Hickory Center made a special visit to the Pumpkin Patch to get a pumpkin to paint. Pumpkins were a lot of different sizes and colors. The participants enjoyed the outing and bought multiple pumpkins for their families. They hope to experience attending the Pumpkin Patch again next year.

-Kevin T.



Operation Christmas

was a huge success
thanks to you all!





ANNOUNCEMENTS



Thankful Christmas Breakfast

The participants and staff are thankful for everyone's support and attendance during our Thankful Christmas breakfast and play. Please know that we appreciate you.

BINGO Donations

The activity program at Adult Life Programs would love to have your donation for BINGO prizes. Suggested items include: Toiletry items, drinks, chips, jewelry, crafts, games, puzzles, etc.



Happy New Year

Adult Life Programs enjoyed serving you during the 2024 year. Thank you for allowing us to serve you and your loved ones. We look forward to greater service in 2025.