

ALP Gazette



A Note from the Executive Director



Welcome to Summer!

It's July, which means we're officially at the halfway point for the year. I always find myself surprised at how quickly the months go by and blame it on the busy schedule; however, it's a good time to take a moment to reflect on what good has transpired over the past 6 months.

Looking back on the months, it has indeed been a busy year for Adult Life Programs! Memories of enrolling new participants, celebrating birthdays and anniversaries, hiring new employees, and all the ways Adult Life Programs has grown in the last 6 months. I am also made warm by memories of the opportunities we've had to make a difference - - Special Olympics was a tremendous success, visiting Raleigh to speak with lawmakers about proposed changes to Medicaid, Conover participants volunteering at Ashure Ministry, a new activi-

ty calendar and groups for Hickory Super Stars, many community events to spread the word about Adult Life Programs, and so much more. It's easy to get caught up in the passage of time. Instead, let's all agree to remember and celebrate the many ways Adult Life Programs creates good in our little corner of the world.

Reading this newsletter may spark your own memory of a positive time, event, or happening that you shared with Adult Life Programs – enjoy!

Karin McDaniel
Executive Director

Martin Luther King, Jr. Day

We had a special speaker Felicia Setzer speak for the MLK, Jr. day presentation. She covered the Bus Boycott, segregation, and shared how MLK, tried to practice peaceful means to pull people together. -CH



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.

Issue II

January 2025-July 2025

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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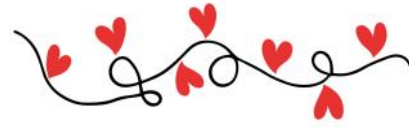
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Volunteer Spotlight

Bad Boys of Conover



Bad boys of Conover come on the last Friday of the month to sing bluegrass and dance with the participants at the Hickory Center. They have come to entertain us for years. They are also fun to listen to while we're doing activities like dancing with our friends in front of the room. It's never a dull moment with humor between each act. They do a good job making us laugh and dance. - Kevin



Valentine's Day Dance

Recently at the Hickory center, the participants were enjoying a day of fun with a dance party and music. Everyone had a blast dancing with their peers. The staff helped by playing dance music and getting everyone in the groove.
- Cole



2025 Special Olympics

The Special Olympics were held on April 17, 2025, at the Henry Fork River Park, in Hickory, NC. There were a lot of participants attending from ALP. The events this year were fun and exciting. With everyone who competed won at least 3 medals. There were other activities there also like Olympic Town, face painting, and food trucks. This year Papa John's sold pizza and drinks. This was a wonderful event filled with great memories. We can't wait to do it again next year. -Glenn



Staff Spotlight

Wendy, Activity Coordinator



For seventeen years, Wendy Fallon has worked at the Hickory center. She has jumped in to do what is necessary from sweeping the floor, serving, and coming up with creative activities as the Activity Coordinator. Wendy is friendly and shows compassion toward all of us. She is there to help us when we need it. We are so grateful to have Wendy to count on. Thank you for all that you do.
- Kevin



Anette, RN/Receptionist

Our receptionist Anette is from Chicago, Illinois. She has lived in NC for 3 years. She remembers living on a ship for 3 months where she did mission work. The ship traveled from Wilmington to Norway. Anette has traveled to Iceberg, Scotland, Germany and met people from all over the world. Anette was a travel nurse for 3 years in DC and Florida which she enjoyed. She has been a nurse for over 40 years. We feel so blessed to have Anette at ALP. She is a ray of sunshine to all those who know her. - DM



ALP at Pin Station

Recently, some of the participants from Conover, Maiden, and Hickory Center enjoyed a wonderful time bowling together at Pin Station. The centers had lanes next to each other and hopefully the centers could get together soon. – Kevin



Nurses' Appreciation Day

Nurses' Appreciation Day was filled with lots of warm thoughts and recognition for our nurses who give so much from their hearts to care for our participants. Thank you to Michele and Anette – we appreciate you! -CH



Thank you...
NURSE
For your care and kindness...



Activity Highlight: Cooking Class



Cooking class is always a hit at ALP. We make all kinds of food. Since the last edition we have made macaroni and cheese, cranberry bread, tacos, and cookies .



Activity Highlight: Science Projects



The Silver stars have conducted several science projects. Participants enjoyed the experiments and seeing the outcomes.



Activity Highlight: Arts & Crafts

Participants enjoyed making sock puppets and practicing social skills through play.



ALP Tea Time



Adult Life Programs takes teatime seriously. Kelsey celebrated

her birthday in style as she hosted a tea part for participants. It was a fine time filled with memorable moments, finger sandwiches, and lots of laughter. Our participants are the best!



Comfort Dogs at Work

Adult Life Hickory has been visited by a comfort dog named Faith every other Wednesday for a year now and she is popular with the participants at the Hickory Center. She has been to other places where they needed comfort.

Faith is a part of a ministry at St. Stephen's Lutheran Church on Springs Road. She will let people pet her and she will give kisses.



Hickory Soup Kitchen Donation

Giving is so rewarding. Every other month, ALP seeks to host a service-related project where participants, staff, and families can support our local community with items needed to help make life better for someone else. Participants really get into giving back and enjoy dropping off the donations. Here, we are giving macaroni and cheese to the local soup kitchen.



Maiden Center

The participants at Maiden take their karaoke seriously. Participants have opportunities to fully express themselves through music,



sharing their talents with one another.



Congratulations to Cindy Powell who has worked at Adult Life Programs for 22 years. Her presence has had such a wonderful impact on our wonderful organization. Cindy has a warm, compassionate heart for service and genu-

inely wants to help our participants flourish. WE are truly blessed to have her on our team. Cindy enjoyed a scavenger hunt to find the gifts that her peers left for her.



Graduation farewell to Jill McLelland, Director of Operations

It was a bittersweet moment for us at ALP when Jill, our Director of Operations, submitted her letter of resignation. She has been an asset to our program and leaves a huge thumb print on our systems and processes, which aid in the enhancement of services to our participants, staff, and families. We wish Jill well on her next endeavors.

