

Goodbye July...  
ALOHA August!

# BOONE COUNTY ADULT DAY CENTER NEWS AUGUST 2019

The Day Center was happy to update the décor in the center thanks to a recent donation. We now have some bright, cheerful outdoor and travel themed art. We also gave the entryway to the center a welcome facelift.

We are so blessed by those who give.

*Thank  
you*



## A Little About Adult Day Cares

The effects of dementia, Alzheimer's, stroke or other debilitation illness may result in a senior adult no longer being comfortable or able to stay by oneself but not yet ready for a nursing home.

**Adult Day Care Centers** provide daytime supervision, companionship, meals and loving care in a safe, homelike atmosphere. This time outside of the home has proven to be excellent mental stimulation for the senior receiving care, but there is an added benefit for the caregiver also: TIME. Time to run errands, relax, continue projects at home or just have a needed break from caregiving.

Some additional benefits to enrolling in an Adult Day Center Program:

- Adult Day programs allow seniors to make connections and form friendships with others who are in a similar situation.
- Adult Day programs can take the worry away from caregivers; No need to leave your loved one home alone- our Personal Care Assistants are here to help.
- Adult Day Centers provide numerous stimulating activities that can keep a parent or loved one active and engaged with others instead of sitting idle and alone at home.
- Memory care is also a service of the Adult Day Center. We have daily structured activities such as games, group trivia, social time and coloring that can greatly aid those with memory difficulties.

The Boone County Adult Day Center  
Welcomes clients

Monday – Friday

7:30 am to 4:30 pm



For questions or more information  
Please contact Katie Causey, 741-4991

*Boone County Adult Day Center is an equal opportunity provider/ employer.*



### August Birthday Celebrations:

- John August 10<sup>th</sup>
- Billie August 17<sup>th</sup>

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED** 

Through the generous support of the United Way, the ADC continues to provide quality services to seniors in our community. Please support United Way.

## August Recipe to try out:

### Crock Pot Chicken Alfredo

Five ingredient, super simple, slow cooker chicken alfredo with sun dried tomatoes and spinach.

Prep Time: 10 minutes

Cook Time: 4 hours

Total Time: 4 hours 10 minutes

#### Ingredients

- 3 boneless skinless chicken breasts, cubed
- 15 oz jar alfredo sauce (your choice of brands)
- 1 teaspoon dried onion
- salt & pepper
- 1/2 cup sun dried tomatoes
- 1 cup fresh baby spinach
- 1/2 lb pasta cooked (any variety: bowties, fettuccini etc.)



#### Instructions

1. Cube your chicken breasts then season with salt & pepper.
2. Add the chicken to the crock pot and sprinkle with the dried onion.
3. Pour the jar of alfredo sauce over the chicken. I also added a little water (about 1/4 cup) to the jar, closed the lid, shook it, then added that to the crock pot as well.
4. Cover and cook on high for about 4 hours or low for about 6.
5. Once the 4 hours are up, add in the sun dried tomatoes
6. Tear up the baby spinach and toss that in, too.
7. Stir and let the spinach wilt and the tomatoes slightly soften.
8. Meanwhile, cook the pasta
9. Plate your pasta, then spoon Crock Pot mix on top.

*Enjoy today*

