



We Care Adult Care Supports Caretakers As Well As Members

Max and Muriel were married for more than 60 years when he noticed her forgetfulness was more than occasional. She asked him to drive her to places she had visited every week for decades. Once fastidious, she was now casual about her hygiene. She needed help to make decisions, and she could not be left alone. Dementia was taking away the wife that Max loved and while he still enjoyed going to his office a few days a week, that would have to take a backseat to Muriel's care. She would not hear of an aide in her home. The stress of caring for Muriel was taking its toll on Max, and his health was suddenly in jeopardy, including a bout of pneumonia.

Relief arrived in the form of **We Care Adult Care**, the quality adult day care center conveniently located in Union Square Mall, Route 35, in Middletown, NJ.

"Max and Muriel's story is not uncommon," said Tracey Wolfman, Administrator of **We Care Adult Care**. "Whether it is the spouse, sibling or children of an adult needing care, the challenges are emotional, financial and logistical. Whether chronically ill, suffering from dementia or other limitations, our members receive patience and kindness from our knowledgeable and compassionate staff. While we care for your

loved one, you are free to work, shop or pursue your own interests without concern.

"Not everyone is suitable for or able to afford full-time home or institutional care," noted Wolfman, a Middletown

resident and a registered nurse with a Masters in nursing administration. "We provide an alternate resource of care and respite. Our society understands the importance of day care for our toddlers and puppies, well, our senior citizens can benefit with a similar approach, maintaining their quality of life with stimulating activities, nutritious gourmet meals, nursing care, physical therapy, occupational therapy and social services to name a few."

Max was able to recover from his illness, return to work a few days a week and feel confident that Muriel was in good hands at **We Care Adult Care**. He also addressed his concerns and questions by joining a **We Care Adult Care** support group for caretakers.

At **We Care Adult Care**, a staff of experienced, compassionate professionals including, the Registered Nurse who is present to check blood pressure, sugar levels and weight, as well as administrator medication, work in conjunction with the member's physician. The Social Worker assists members and their families with financial assistance through grants, accessing community resources, assessing members and organizing support groups for their caretakers.



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www.wecareadultdaycare.com



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www.wecareadultcare.com

UPCOMING EVENTS

January

- Elvis Presley's Birthday Anniversary Bash
- Pizza Party • Tea Party • Outing to a matinee movie

February

- Sweetheart DoWop Dance • Superbowl Party
- Outing to Middletown Library
- Candy Making/Candy Contest

Specialty Cakes & Chocolate Novelties

Nothing Says, "I Love You" On Valentine's Day Like Chocolate!

It's hard to think about Valentine's Day without thinking about all the delicious chocolates that go with it. Here at Chocolate Carousel we love Valentine's Day because we have the opportunity to be creative while spreading love and joy with our handcrafted treats.

This year, like in the past, Chocolate Carousel will be featuring our unique, "all-chocolate" heart box filled with assorted chocolates. The entire box is edible and hand painted so that each one is different. These can be personalized with a name or message of love as well. Don't forget to get creative with your Valentine's ideas. Unique gifts show that you put some thought into it and really care! Another creative idea we love is our Chocolate Dipped Wine bottles. You bring the wine or champagne in and we will dip the bottle in the chocolate of your choice. Wine pairing is trendy and this makes a unique and beautiful gift.

Below are some of the chocolate related questions I received this month. Hopefully these will inspire you during the Valentine's season!

How much Chocolate is sold on Valentine's Day?

Valentine's Day is a serious chocolate holiday. Let's face it; the chocolate heart box has become a symbol of the day. Worldwide nearly 58 million pounds of chocolate are sold during the week leading up to Valentine's Day. At our store we sell over 100 pounds of chocolate covered strawberries between the day before and Valentine's Day.

What does tempering mean and what is the best way to temper chocolate at home?

Tempering chocolate is a process of heating and cooling chocolate to a precise temperature in order to keep the fat solids in the cocoa from separating out. Tempering machines are the best way to temper chocolate. However, for tempering chocolate at home without a tempering machine can be done. The best way is to heat 2/3 of the chocolate over a double boiler. Remove the chocolate from the heat and add the remaining 1/3 chocolate pieces stirring frequently until all the chocolate is melted and smooth. Tempered chocolate will appear glossy and have a nice snap when bitten.



**Life's Short...
Eat Dessert First!**

- Valentine's Gifts
- Specialty Cakes
- Wedding Cakes
- Dessert Tonight
- Gourmet Stuffed Cupcakes
- Pastries, Pies & Cookies
- Hand-dipped Chocolate
- Novelty Candy
- Gifts, Gift Baskets & Favors
- Chocolate Fountain

Chocolate Carousel is an old-fashioned bakery and sweet shop featuring homemade specialty cakes for all occasions, desserts, hand-dipped chocolates and novelties located in Wall, NJ.

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LISA PORADA,
OWNER