



ADHC: Happy & Healthy Reading

Reading has always been life unwrapped to me, a way of understanding the world and understanding myself through both the unknown and the everyday. - Anna Quindlen

In its continuing pursuit towards enhancing the quality of life for its registrants, Beth Abraham's ADHC started the ADHC Book Club in March 2004 with the goal of introducing its initial group of ten to fifteen registrants to a whole new world of knowledge, adventures, and experiences that can be acquired from the pages of literary works.

The club, which meets once a month for a group discussion, selects books that stimulate the ability to think analytically and offer critical opinions as well as help with cognitive (memory, problem solving, sequencing) and perceptual skills. In addition, eclectic and wide-ranging choices of books allow the members to explore diverse characters and stories that entertain, motivate, and inspire. Some of the titles the group has chosen in past include: *The Da Vinci Code* and *Angels and Demons*, both by Dan Brown; *Mama*,

by Terri McMillan; as well as quite a few James Patterson bestsellers.

A number of the staff members have also begun reading the assigned



Members of the ADHC Book Club meet once a month to share opinions and insights about the assigned readings.

Perhaps one of the most important benefits of the book club can be seen in the bond that was formed and strengthened between the participants.

The group discussions, which are informative and very entertaining, allow the members to share their opinions and insights. Conversations about the most current readings are quickly stimulated, and together they discover a new understanding of the world, each other, and themselves.

books. This allows registrants and staff to discuss the reading with Rehab Therapists, their Social Worker, etc., which helps create an increased sense of trust and facilitates a better working relationship.

"I like the fact that we have a book club because I love reading, and now I can share it with my friends," says Robert Speck, a member of the club. - *Fran Olmo, ADHC Administrative Asst.*

ADHC Registrants Back at "Work"shop

One of the things ADHC registrants miss the most is going to work everyday!!!

Barbara Wiscovitch, Recreation Therapist, realized what a great loss this is for them and began a workshop program to deal with the issue.

The workshop is set up like a mini-store, and is currently running 3 days per week. Each registrant is given a weekly work schedule and they put in their assigned time in the "ADHC Store." They each receive a small wage for

their time, which gives them some extra pocket money. However, in the end the reward is much more! They gain an increased sense of purpose and pride in their accomplishments. Many of the
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“Work”shop... (continued from page 1)

registrants, as well as residents in Beth Abraham’s skilled nursing facility, can-

not shop for themselves, so the work-shop provides a convenient way for them to purchase needed items, such as: hair products, costume jewelry, sunglasses, etc.



Working in the “ADHC Store” gives registrants an increased sense of purpose & pride in their accomplishments.

This program has become a huge success for all involved.

Recently, a cash register was purchased, which has increased the feeling of being in a real store, and as one registrant commented, “I feel like I’m back at work again!”

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