

Special Events

Client Council

April 9 at 11am

Dream - Alliance Therapy Dogs

April 15

Fieldtrip: Pizza Hut

April 23

Movers Room Meeting

April 27

Rainbow Room Meeting

April 28

April Birthdays

Donna April 5
Mary L April 12
Charles April 16
Gail April 29

Devotions

April 10
 April 14
 April 22

Communion

April 2
 April 8
 April 16
 April 22
 April 30

Holiday Closures

April 3 - Good Friday
 May 25 - Memorial Day
 July 3 - Independence Day
 September 7 - Labor Day
 November 26 - Thanksgiving Day
 November 27 - Day after Thanksgiving
 December 24 - Christmas Eve
 December 25 - Christmas Day
 December 31 - New Year's Eve

Attention CareSource, Anthem, Molina, PASSPORT, and Care Coordination caregivers: Plan of Care reviews are scheduled for this month. If you wish to participate, please notify Julie Baron-Program Administrator at 330-762-2000 to schedule a specific time.

Caregiver Support

Are you a caregiver for a loved one attending Summit Adult Day Services? Feeling overwhelmed or isolated? Join us to connect with other family caregivers, access online and mailed resources. This month's guest speaker is from Western Reserve Hospice and will be discussing dysfunctional families and family relationships.

**If you plan on attending, please
 RSVP to the center at 330-762-2000.**

**Date: April 8th, 2026
 Time: 10:00am-11:00am
 Location: Summit Adult Day**

Stay in Touch!

ccsummitcounty.org
 Phone: 330-762-2000
 Fax: 234-334-4059
 facebook.com/CCSummitCounty

Transportation Call Off Procedure

Please report all absences, early departures and late arrivals to Summit ADS as soon as possible. You may also call your own transportation provider.
 SCAT (330) 376 - 5353

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sing-along with Women's Board	2 BINGO	3 Good Friday CLOSED
6 BINGO	7 Entertainment: Sam Fosh	8 Washer Toss	9 Birthday Recognition	10 Popcorn & Movie
13 Balloon Drop	14 Jeopardy	15 BINGO	16 Directed Drawing	17 Pool Noodle Hockey
20 Sense-ational Spa Day	21 Hoop Ball Bingo Store	22 Noodle Ball	23 Cup Challenge	24 BINGO
27 Bean Bag Baseball	28 Basketball Pong	29 Art Show	30 BINGO	

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6 Bean Bag Baseball	7 Entertainment: Sam Fosh	8 Pool Noodle Hockey	9 Birthday Recognition	10 BINGO
13 Card Bingo	14 Back and Forth Showdown	15 Beach Ball Volleyball	16 BINGO	17 Movie or Manicures
20 Cup Challenge	21 Riddle Me This Bingo Store	22 BINGO	23 Balloon Drop	24 Grab Bag Bonanza
27 Cornhole	28 BINGO	29 Art Show	30 Build Your Own Sundae	

Rainbow Room

Daily Schedule

9:30 - Breakfast
 10:00 - Crafts
 11:00 - Current Events
 11:30 - Lunch
 12:30 - Exercise
 1:00 - Activity

(see calendar for daily activity)

*Alternate activities available throughout the day!

 = Strength & Fitness

Movers & Shakers Room

Daily Schedule

9:30 - Breakfast
 10:00 - Crafts
 11:00 - Exercise
 11:30 - Lunch
 12:30 - Current Events/Trivia
 1:00 - Activity

(see calendar for daily activity)

*Alternate activities available throughout the day!

 = Strength & Fitness

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Baked Chicken Gravy Mashed Potatoes Mixed Vegetables Bread & Butter Fruit Cocktail Milk 1	Rigatoni Meat Sauce Green Beans Rolls & Butter Hot Apples Milk 2	 CLOSED 3
Chicken Filet Gravy Green Beans Rice Pilaf Rolls & Butter Pineapples Milk 6	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Bread & Butter Pears Milk 7	Beef Stew Beets Pears Cornbread Milk 8	Meatloaf Mashed Potatoes Rolls & Butter Applesauce Milk 9	Tomato Soup Egg Salad Sandwich Potato Chips Peaches Milk 10
Hot Dog Baked Beans Mixed Vegetables Potato Chips Fruit Cocktail Milk 13	Chicken Noodle Casserole Corn Rolls & Butter Mixed Fruit Cup Milk 14	Mac & Cheese Casserole Stewed Tomatoes Hot Apples Rolls & Butter Milk 15	Baked Chicken Gravy Mashed Potatoes Steamed Broccoli Bread & Butter Fruit Cocktail Milk 16	Tuna Salad Minestrone Soup Steamed Broccoli Chips Peaches Milk 17
Hamburger Corn French Fries Applesauce Milk 20	Hot Dog Baked Beans Carrots Peaches Tater Tots Milk 21	Chili Mac Corn Rolls & Butter Applesauce Milk 22	Spaghetti Meat Sauce Tossed Salad Rolls & Butter Hot Apples Milk 23	Breaded Pollock Mixed Vegetables Scalloped Potatoes Rolls & Butter Oranges Milk 24
Sloppy Joe Tator Tots Rolls & Butter Applesauce Milk 27	Vegetable Rice Casserole Chicken Broccoli Pears Rolls & Butter Milk 28	Chili Mixed Vegetables Applesauce Cornbread Milk 29	Baked Chicken Gravy Mashed Potatoes Mixed Vegetables Bread & Butter Fruit Cocktail Milk 30	



The Spotlight

Summit Adult Day Services

Volume 47, Issue 4
April 2026

April News

Hello Everyone!

March was full of laughter, creativity, and memorable outings! We were thrilled to welcome Jay Nye for a wonderful entertainment session that had everyone smiling and tapping along. Our St. Patrick's Day celebration brought plenty of giggles with our hilarious Leprechaun Challenge—participants had a blast tossing cheese balls and joining in the festive fun. We also enjoyed a fantastic group trip to the Canton Classic Car Museum, where we explored vintage vehicles and shared in a bit of nostalgia. To round out the month, we got into the spring spirit by coloring Easter eggs, showing off everyone's artistic flair and brightening our days with cheerful designs.

We're excited to keep the fun going in April with a great lineup of activities! We'll kick things off on April 1st with a special sing-along featuring members of the Women's Board—always a joyful way to start the month. On April 7th, crowd favorite Sam Fosh returns to bring lively entertainment that we know everyone will enjoy. We're also happy to welcome back our beloved therapy dog, Dream, for a heartwarming visit on April 15th. To top it all off, don't miss our 2nd Annual Art Show on April 29th, where we'll proudly showcase the amazing artwork created by all of you. It's shaping up to be another fun and engaging month!

Until Next Time,
Laura and Crystal



From the Nurses

National Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. We all experience stress, though we may experience it in very different ways. Because of this, there is no single definition for stress, but it is commonly described as physical, mental, or emotional strain or tension. Stress is a reaction to situations where a person feels anxious or threatened.

Common reactions to stress can include:

- Disbelief, shock, or numbness
- Feeling sad, frustrated, or helpless
- Difficulty concentrating or making decisions
- Headaches, back pain, or stomach problems
- Smoking or the use of alcohol or drugs

Learning healthy ways to cope and getting proper care and support can help reduce stress and its symptoms.

Here are some basic ideas to help you cope:

- Take care of yourself by eating healthy, exercising regularly, and getting plenty of sleep
- Share how you are feeling with a family member, friend, doctor, pastor, or counselor
- Avoid drugs and alcohol, which can increase stress
- Recognize when you need more help and consider talking to a counselor or social worker

One of the most valuable takeaways is knowing how to talk about stress. Sometimes stress comes from situations beyond our control.

Try to:

- Let go of what you cannot control
- Avoid anxiety over things you cannot change
- Focus on calm, controlled reactions
- Develop a vision for healthy living and set realistic goals

Yours in Good Health!
Linda, Brooke, & Ky'esha

USDA Nondiscrimination Statement: Effective May 2022

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. (mail) U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or 2. (fax): (833) 256-1665 or (202) 690-7442; or 3. (email): Program.Intake@usda.gov. This institution is an equal opportunity provider.

Additional financial support is provided in part by: Area Agency on Aging 10B, Inc., County of Summit DD Board, Louis Stokes Cleveland VAMC, Ohio Child and Adult Care Food Program, Ohio Department of Job and Family Services, United Way of Summit County, foundations and individual contributions.

