

Devotions

February 13 at 11:00am
February 29 at 11:00am



Room Meetings

Movers Room Meeting
February 28 at 10:45am

Rainbow Room Meeting
February 27 at 10:45am

Holidays

February 19 - President's Day
March 29 - Good Friday
May 27 - Memorial Day
July 4 - Independence Day
September 2 - Labor Day
November 28 & 29 - Thanksgiving
December 24 & 25 - Christmas
Dec 31 & Jan 1 - New Years

Special Events

Client Council
February 8 at 11:00am

Valentines Day Party
February 14

**Field Trip - Fannie May
Chocolate Factory**
February 22

February Birthdays

- ★ Ernie.....February 3
- ★ Alice.....February 6
- ★ Deliah.....February 4
- ★ Arthur.....February 7
- ★ Stan.....February 6

Caregiver support

Are you a caregiver for a loved one who currently attends Summit Adult Day Services? Are you feeling overwhelmed and isolated? Join us to connect with family caregivers who are in similar situations, obtain access to online and mailed caregiver resources, hear from professional speakers/resources.

Date: February 14, 2024
Time: 10:00am-11:00am
Location: Summit Adult Day

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

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Washer Toss	2 Bingo
5 Bullseye Battle	6 Famous Faces	7 Bingo	8 Popcorn & Movie	9 Heart Toss
12 Games of the Heart	13 Celebrating Black History Month	14 Valentine's Day Party	15 Bingo	16 Mystery Box Challenge
19 CLOSED	20 Ceramic & Bingo	21 Categories & Bingo Store	22 Birthday Celebration	23 Card Bingo
26 Bingo	27 Sweeten Up the Season: Ice Cream	28 Entertainment: Ventriloquist David Weyrick	29 Snowman Bean Bag Toss	

Rainbow Room

Daily Schedule

9:30 - Breakfast
10:00 - Crafts
11:00 - Exercise
11:30 - Lunch
12:30 - Current Events
1:00 - Activity
(see calendar for daily activity)



= Strength & Fitness @ 10:45am

Movers & Shakers Room

Daily Schedule

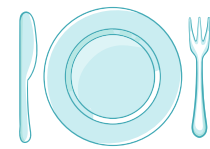
9:30 - Breakfast
10:00 - Crafts
11:00 - Exercise
11:30 - Lunch
12:30 - Current Events
& Trivia
1:00 - Activity

(see calendar for daily activity)



= Strength & Fitness @ 10:45am

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bullseye Battle	2 Roll a Word
5 Games of the Heart	6 Sensational Sweets Day! Homemade Chocolate	7 Poker Chip Pitch	8 Bingo	9 Football Fun!
12 Bingo	13 Celebrating Black History Month	14 Ceramics & Valentines Day Party	15 Pokeno	16 Popcorn, Movie & Manicures
19 CLOSED	20 Categories & Bingo Store	21 Black History Presentaion by Jewel Jones	22 Birthday Celebration	23 Bingo
26 Jumbo Candyland	27 Bingo	28 Entertainment: Ventriloquist David Weyrick	29 Leap Day Games	



Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			Beef Hot Dog Baked Beans Carrots Peaches Milk	Hamburger Lima Beans Tater Tots Applesauce Milk
Chili Steamed Broccoli Hot Apples Rolls & Butter Milk	Breaded Fish Mixed Vegetables French Fries Rolls Oranges Milk	Sloppy Joe French Fries Green Beans Pears Milk	Chicken Patty Baked Beans Mixed Vegetables Peaches Milk	Rigatoni Meat Sauce Tossed Salad Roll & Butter Hot Apples Milk
Ribbed Pork Patty BBQ Sauce Parsley Potato Vegetables Bread & Margarine Oranges Milk	Baked Chicken Gravy Mashed Potatoes Red Beets Bread & Margarine Fruit Cocktail Milk	Tuna Sandwich Carrots Potato Chips Peaches Milk	Meatloaf Gravy Mashed Potatoes Green Beans Rolls & Butter Pineapples Milk	Breaded Fish French Fries Vegetables Bread & Margarine Fruit Cocktail Milk
	Tomato Soup Grilled Cheese Green Beans Pineapples Milk	Baked Chicken Gravy Mashed Potatoes Vegetables Bread & Margarine Fruit Cocktail Milk	Breaded Fish Corn French Fries Applesauce Rolls & Butter Milk	Mac & Cheese Casserole Stewed Tomatoes Rolls & Butter Hot Apples Milk
Ribbed Pork Patty BBQ Sauce Mashed Potatoes Vegetables Bread & Margarine Fruit Cocktail Milk	Chicken Patty Tater Tots Mixed Vegetables Peaches Milk	Tuna Noodle Casserole Tossed Salad Rolls & Butter Applesauce Milk	Chicken Soup Egg Salad Sandwich Peas Pears Milk	<div style="border: 2px solid red; padding: 5px;"> <p>Transportation Call Off Procedure</p> <p>Please report all absences, early departures and late arrivals to Summit ADS as soon as possible. You may also call your own transportation provider.</p> </div>

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 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, audiotape, 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.

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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.

The Spotlight

Summit Adult Day Services

Volume 45, Issue 2
February 2024

February News

Hello Friends!

We hope you have had a fantastic start to 2024! We sure have! To keep our minds off of the cold weather we kept ourselves busy with a Nerf Deer Hunt, Pizza Parties, Snowball Shooters and more! We also took some time to honor and learn about the life of Martin Luther King Jr. In addition to this, we officially opened our Bingo Store! Keep on earning those bingo bucks because you never know what exciting things you'll find at the store!

We know you will LOVE what we have planned for February. We will celebrate Black History Month on February 13th. There will also be a special presentation for Black History Month on February 21st with guest speaker Jewel Jones in the Movers and Shakers room. Our Valentine's Party will be held on February 14th! At the end of the month on February 28th we have a new entertainer coming in. David Weyrick is a ventriloquist and we can't wait to see his show! There is much more planned so check your calendars and have a LOVEly month!!

XOXO,
 Laura and Crystal



From the Nursing Station

Prevention of Urinary Tract Infections

Urinary Tract Infections (UTI's) are more common in elderly women and men. In women, this is because there is the weakness of pelvic floor muscles due to increased age, which leads to retention of urine in the bladder for a long period, making it more prone to infections.

Urinary Tract Infections are also common in men above 50 years old that are suffering with prostatitis, epididymitis, cystitis, and pyelonephritis. It can also be caused by using a urinary catheter for long periods of time.

Signs and symptoms of UTI are:

- Pain or pressure while urinating
- Foul odor
- Cloudy urine
- Confusion or mental status change

Precautions to be taken to prevent Urinary Tract Infections in elderly women and men are:

- Drinking plenty of fluids
- Intake of cranberry juice
- Following proper hygiene of the genital area by wiping from front to back (for women)
- Urinate immediately whenever the bladder is full
- Change depends frequently

Yours in Good Health,
 Linda and Ky'esha

