

# July 2023

## Birthdays

- ★ Pete H.....July 2
- ★ Laura D...July 12
- ★ Jimmy R....July 19
- ★ Barb S.....July 22
- ★ Ira K.....July 29

## Devotions

July 11th at 11am

July 26th at 11am



## Special Events

**Field Trip**  
July 31st

**Client Council**  
July 25th at 10:15am

## Farewell, Julie!

We bid a heartfelt farewell to Julie, our social worker, as she embarks on a new adventure. Her dedication and compassion have made a lasting impact, and we wish her the best. In the interim, Jim Mazzagatti, ADS Director, will be covering the position while we search for a permanent replacement.

## Caregiver support

In collaboration with Direction Home Area Agency on Aging, Summit Adult Day Services provides a Caregiver Support Group for caregivers of current clients.

The next meeting will be in person at Summit Adult Day Services 10:00-11:00am, Wednesday, July 12th, 2023. For July's meeting we will discuss the First Pillar of Self Care: Reflecting Within.

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



## Holidays

July 4th - Independence Day  
September 4th - Labor Day

November 23rd & 24th - Thanksgiving  
December 22nd & 25th - Christmas  
December 29th & January 1st - New Year

Monday	Tuesday	Wednesday	Thursday	Friday
Patriotic Ping-Pong Challenge <sup>3</sup>	CLOSED <sup>4</sup> 	Bingo <sup>5</sup>	Riddle Me This! <sup>6</sup> 	Slideas: Vacations <sup>7</sup>
Remember When... <sup>10</sup> 	Tallyoop! <sup>11</sup>	Entertainment w/Gary Shreve "Elvis" <sup>12</sup>	Bingo <sup>13</sup>	Add Em Up! <sup>14</sup>
Famous Faces <sup>17</sup>	Birthdays Recognition <sup>18</sup> 	Bingo <sup>19</sup>	Bucket of Bean Bags <sup>20</sup>	Roll & Respond <sup>21</sup>
Poker Chip Pitch <sup>24</sup>	Bingo <sup>25</sup>	Flower Bounce <sup>26</sup>	Popcorn & Movie <sup>27</sup>	Bean Bag Baseball <sup>28</sup> 
Name Three <sup>31</sup>				

## 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

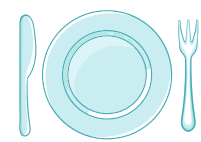
### Daily Schedule

- 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
Patriotic Ping-Pong Challenge <sup>3</sup>	CLOSED <sup>4</sup> 	Poker Chip Pitch <sup>5</sup>	Tallyoop! <sup>6</sup>	Bingo <sup>7</sup> 
Bean Bag Baseball <sup>10</sup>	Bingo <sup>11</sup>	Entertainment w/Gary Shreve "Elvis" <sup>12</sup>	Strawberry Lovers Day <sup>13</sup> 	Slideas: Summer Porches <sup>14</sup>
Bingo <sup>17</sup>	Birthdays Recognition <sup>18</sup>	National Ice Cream Day <sup>19</sup> 	Add Em Up! <sup>20</sup>	Cornhole <sup>21</sup>
Card Bingo <sup>24</sup>	Christmas in July <sup>25</sup> 	Popcorn & Movie <sup>26</sup>	Bingo <sup>27</sup>	Bowling <sup>28</sup>
Spill & Spell <sup>31</sup> 				



# Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Pot Pie Broccoli Hot Apples Rolls & Butter Carrot Cake Milk 3	<b>CLOSED</b> 4	Cheeseburger Baked Beans French Fries Coleslaw Pears Milk 5	Tomato Soup Grilled Cheese Potato Chips Sweet Pickles White Cake Strawberries Milk 6	Tomato Juice Scrambled Eggs Ham Slices Hash Browns Rolls & Butter Peaches Milk 7
Pork Patty & Gravy Mashed Potatoes Carrots Rolls & Butter Hot Peaches Milk 10	Chicken Patty Potato Salad Corn Mixed Fruit Cup Chocolate Pudding Milk 11	Chicken Strips Roasted Potatoes Green Beans Rolls & Butter Orange Slices Milk 12	Ham Salad Sandwich Coleslaw Potato Chips Fruit Cocktail Milk 13	Tuna Casserole Mixed Greens Salad Rolls & Butter Peaches White Cake Milk 14
Sloppy Joes Macaroni Salad Corn Potato Chips Mixed Fruit Cup Milk 17	Spaghetti Meat Sauce Tossed Salad Garlic Bread Pineapple Milk 18	Kielbasa Sausage Mashed Potatoes Sauerkraut Bread & Margarine White Cake Blueberries & Cream Milk 19	Beef Hot Dog French Fries Baked Beans Pears Milk 20	Sub Sandwich Pea Salad Potato Chips Peaches Chocolate Cake Milk 21
Fish Sandwich Coleslaw French Fries Vanilla Ice Cream Mixed Fruit Milk 24	Baked Chicken Mashed Potatoes Green Beans Cranberry Sauce Roll & Butter Tropical Fruit Milk 25	Beef Hot Dog Baked Beans Coleslaw Potato Chips Peaches Chocolate Cake Milk 26	Vegetable Soup Chicken Salad Sandwich 3 Bean Salad Applesauce Milk 27	Rigatoni Meat Sauce Salad Rolls & Butter Strawberries White Cake Milk 28
Sloppy Joe French Fries Mexican Corn Hot Apples Milk 31	<p><b>Transportation Call Off Procedure</b></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>			

## The Spotlight

### Summit Adult Day Services

Volume 44, Issue 7  
July 2023

#### July News

*Hello Everyone,*

We hope you are having a fun filled summer so far! The month of June just flew right by. We had a blast playing games, working on crafts, and enjoying each other's company. We were able to get outside for some much needed fresh air. The Movers and Shakers got creative with paint-filled water guns for Art in the Parking Lot. It was a unique experience that definitely provoked lots of laughter! June also welcomed back: "the music of Christ Unlimited!" Not only did we enjoy listening to them, some of us sang right along with them! We are already looking forward to their next visit! We also had a visit from Gaga for Goats! It was so much fun! We got up close and personal with a chicken named Ruby, a bunny named Sprinkles and two baby goats named Sherlock and Cadbury. Although we LOVED all of the animals, it was Ruby the chicken that stole the show as well as our hearts. Who would have thought a chicken could be so sweet! We will definitely invite them back for a visit!

We have some special events planned for July. Please make sure to check your calendars for daily activities. Enjoy your Independence Day celebrations!

Kelly and Laura



#### From the Nursing Station

*Protecting Your Skin from the Sun*

The best way to prevent skin cancer is to protect your skin from the sun.

- Stay in the shade as much as possible between 10am & 4pm.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, hat and sunglasses.

Protecting your skin from the sun today may help you prevent skin cancer later in life. Most skin cancer appears after the age of 50, but skin damage from the sun can start during childhood.

Skin cancer is very common, but can almost always be cured when found and treated early. It is a good idea to check your skin every month for new growth and other signs of cancer. Tell your doctor right away if you see a change in your skin including moles or dark spots.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

The risk of skin cancer is high for people with:

1. White or light-colored skin with freckles.
2. Blonde or red hair.
3. Blue or green eyes.

BE SMART! Take action to prevent skin cancer, and check your skin at least once a month. Wear sunscreen and be sure to cover up!

Yours in Good Health!

Linda M., Linda L. & 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.

Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice or TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at How to File a Program Discrimination Complaint and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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.

#### STAY IN TOUCH!

[ccsummitcounty.org](http://ccsummitcounty.org)

Phone: 330-762-2000

Fax: 234-334-4059

[facebook.com/CCSummitCounty](https://facebook.com/CCSummitCounty)

[twitter.com/CCCSSC](https://twitter.com/CCCSSC)