

July 2025

Special Events

Client Council
July 2nd at 11am

Gardening Club
July 3rd - 7th - 15th - 25th - 29th

Fieldtrip: Dairy Queen
July 10th

Entertainment: Jay Nye
July 21st

Entertainment: Marlynda Dizak
July 23rd

Movers Room Meeting
July 24th at 12:30pm

Rainbow Room Meeting
July 30th at 11:30am

Holidays

July 4 - Independence Day
September 1 - Labor Day
November 27 & 28 - Thanksgiving
December 24 & 25 - Christmas
December 31 - New Year's Eve

Devotions

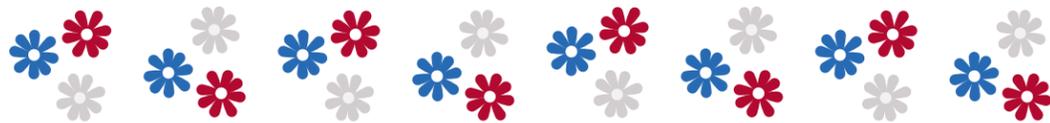
July 9th
July 15th
July 31st

Communion

July 3rd
July 9th
July 17th
July 23rd
July 31st

July Birthdays

Elizabeth July 2
Pete July 2
Jeanette July 3
Gloria July 6
Roger July 8
Lillie July 11
Laura July 12
Sylvia July 16
Barb July 22
Jack July 26
Willis July 27
Alberta July 31



Caregiver Support

Date: July 9th, 2025
Time: 10:00am-11:00am
Location: Summit Adult Day

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

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, and hear from guest speakers.

Monday	Tuesday	Wednesday	Thursday	Friday
6	1 Cornhole	2	3 Star Toss Challenge 	CLOSED 4
7 Let's Go Racing 	8 "Sense"-ational Spa Day	9 Bucket o' Bean Bags Bingo Store	10 	11 Splash the Staff
14 	15 The Sounds of Summer 	16 Bumper Ball	17 Target Toss	18
21 Entertainment: Jay Nye 	22 	23 Entertainment: Marlynda Dizak 	24 Rainbow Dice Roll	25 Cheesecake Lovers Day Ceramics
28 Cup Slide Challenge	29 Poker Chip Pitch 	30 Birthday Recognition Room Meeting	31 Back & Forth Dice Game 	

Monday	Tuesday	Wednesday	Thursday	Friday
6	1	2 Fruit Lovers Day	3 Red, White & Blue Bash 	CLOSED 4
7	8 Washer Toss	9 July Trivia Bingo Store	10 Cup Slide Challenge Ceramics	11 Splash the Staff
14 "Sense"-ational Spa Day 	15 Rainbow Dice Roll	16 	17 Poker Chip Pitch	18 Movie or Manicures
21 Entertainment: Jay Nye 	22 Cookout in the Courtyard 	23 Entertainment: Marlynda Dizak 	24 Knock it Down Room Meeting	25
28 Card Bingo	29 Flower Bounce 	30 Birthday Recognition 	31 	

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



July Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Filet Gravy Green Beans Rice Pilaf Pineapples Rolls & Butter Milk 1	Mac & Cheese Casserole 3 Bean Salad Hot Apples Rolls & Butter Milk 2	Rigatoni Meat Sauce Salad Rolls & Butter Peaches Milk 3	 CLOSED 4
Chicken Noodle Casserole Carrots Rolls & Butter Mixed Fruit Cup Milk 7	Tomato Soup Grilled Cheese Chips Peaches Milk 8	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Bread & Butter Applesauce Milk 9	Meatloaf Yams Rolls & Butter Pears Corn Milk 10	Breaded Pollock French Fries Coleslaw Bread & Butter Carrots Fruit Cocktail Milk 11
Hamburger Corn French Fries Applesauce Milk 14	Tuna Noodle Casserole Carrots Rolls & Butter Mixed Fruit Cup Milk 15	Baked Chicken Gravy Mashed Potatoes Steamed Broccoli Bread & Butter Pears Milk 16	Hot Dog Baked Beans Potato Chips Sliced Oranges Mixed Vegetables Milk 17	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Bread & Butter Applesauce Milk 18
Hot Dog Baked Beans Carrots Peaches Tater Tots Milk 21	Chili Mac Steamed Broccoli Rolls & Butter Applesauce Milk 22	Sloppy Joe French Fries Green Beans Fruit Cocktail Milk 23	Breaded Fish Mixed Vegetables Scalloped Potatoes Rolls & Butter Oranges Milk 24	Spaghetti Meat Sauce Tossed Salad Rolls & Butter Hot Apples Milk 25
Hamburger Pea Salad French Fries Applesauce Milk 28	Beef Stew Peas Peaches Cornbread Milk 29	Rice Vegetable Casserole Pears Rolls & Butter Milk 30	Tuna Sandwich Carrots Cottage Cheese Potato Chips Peaches Milk 31	STAY IN TOUCH! ccsummitcounty.org Phone: 330-762-2000 Fax: 234-334-4059 facebook.com/CCSummitCounty

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, 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.

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 46, Issue 7
July 2025

July News

Hello Everyone!

We sure did have a busy June! We kicked off the month with a visit from Gaga for Goats on the 2nd. She brought in two baby goats and a rabbit. We were able to hold and cuddle them and even just watch them play. They were so adorable, and we really had to keep an eye on Bobette because she wanted to try to sneak one home with her! Next up was an afternoon of music with the talented ladies of Christ Unlimited on the 11th. They always leave us feeling uplifted and happy. If that's not enough we also had Dave Rodriguez and his trumpet here for an afternoon of fun and music on the 24th. Other fun events included celebrating Father's Day with a competitive game and some root beer floats, beach ball volleyball and a cookout in the courtyard! We also took a group out on a fieldtrip to the Akron History Center, and it was awesome! We highly recommend it if you get a chance to visit.

July is now upon us, and we are ready for a fun month! Our highly anticipated event SPLASH THE STAFF will be on Friday July 11th. This is your chance to pick a staff member and "splash" them with a sponge full of water! Jay Nye will be back on the 21st for some musical entertainment. We are also welcoming a brand-new entertainer this month - Marylynda Dizak. We can't wait to see her show and enjoy an afternoon of music. There are some brand-new games, a cookout and much more planned so check your calendars! We hope you all have a wonderful 4th of July and enjoy the long weekend!

Until next time,
Laura and Crystal

From the Nurses

July is UV Safety Awareness Month

This month is dedicated to educating the public about the dangers of UV radiation and promoting sun safety practices to prevent skin cancer, eye damage, and premature aging. Key aspects of UV Safety Awareness Month:

- **Raising Awareness:** The primary goal is to make people aware of the risks associated with excessive UV exposure, which includes UVA and UVB rays from the sun and artificial sources like tanning beds.
- **Sun Safety Practices:** Emphasis is placed on educating individuals about protective measures, such as:
 - Seeking shade: Especially during peak sun hours (10 a.m. to 4 p.m.).
 - Wearing protective clothing: Including long sleeves, hats, and sunglasses.
 - Applying sunscreen: Generously and frequently, using a broad-spectrum sunscreen with SPF 30 or higher.
- **Eye Protection:** UV exposure can also damage the eyes, leading to cataracts and other issues. Wearing sunglasses that block 99-100% of UVA and UVB rays is crucial.
- **Skin Cancer Prevention:** UV exposure is the most preventable risk factor for skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma.
- **Year-Round Vigilance:** While UV rays are stronger in the spring and summer, sun damage can occur year-round, making sun safety a year-round practice.

Yours in Good Health,
Linda, Ky'esha, and Brooke



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.