

## Special Events

**A Visit from Dream the Dog**  
March 11 at 10:15am

**Client Council**  
March 12

**Fieldtrip**  
Canton Classic Car Museum  
March 20

**Rainbow Room Meeting**  
March 27

**Movers Room Meeting**  
March 31

## Devotions

March 12  
March 24



## Communion

March 5  
March 11  
March 19  
March 25



## March Birthdays

**Ina** March 5  
**Genesis** March 8  
**Inez** March 10  
**Tim** March 14  
**Joan** March 17  
**Bill S.** March 22  
**Joe** March 23

## 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

### 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.

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

**Date: March 11th, 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

# March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Washer Toss	3 BINGO	4 Birthday Recognition	5 Horseshoes	6 Ski Ball
9 Shamrock Toss	10 Roll a Rainbow	11 BINGO	12 Fun in the Kitchen: Brownies	13 Entertainment: Jay Nye
16 Ax Throwing	17 St. Patty's Day Leprechaun Challenge	18 Directed Drawing	19 BINGO	20 Hoop Ball Bingo Store
23 Cornhole	24 BINGO	25 Easter Egg Roll	26 Entertainment: Dave Rodriguez	27 Popcorn & Movie
30 Easter Eggstravaganza: Coloring Eggs	31 The Sounds of Spring			CLOSED April 3 <sup>rd</sup> Good Friday

Monday	Tuesday	Wednesday	Thursday	Friday
2 Horseshoes	3 Ski Ball	4 Birthday Recognition	5 Movie or Manicures	6 BINGO
9 Cheesecake Lover's Day	10 Leprechaun Hunt	11 Shamrock Toss	12 BINGO	13 Entertainment: Jay Nye
16 BINGO	17 St. Patty's Day Leprechaun Challenge	18 Beach Ball Volleyball	19 Spring Jeopardy	20 3's a Charm Bingo Store
23 Up & Down Dice Roll	24 Easter Egg Pong	25 BINGO	26 Entertainment: Dave Rodriguez	27 Easter Egg Bocce
30 Easter Eggstravaganza: Coloring Eggs	31 BINGO			CLOSED April 3 <sup>rd</sup> Good Friday

## 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
Hamburger Corn French Fries Peaches Milk  2	Chili Mixed Vegetables Applesauce Cornbread Milk  3	Baked Chicken Gravy Mashed Potatoes Mixed Vegetables Bread & Butter Fruit Cocktail Milk  4	Rigatoni Meat Sauce Green Beans Rolls & Butter Hot Apples Milk  5	Tuna Noodle Casserole Carrots Rolls & Butter Mixed Fruit Cup Milk  6
Chicken Filet Gravy Green Beans Rice Pilaf Rolls & Butter Pineapples Milk  9	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Bread & Butter Pears Milk  10	Beef Stew Beets Pears Cornbread Milk  11	Meatloaf Mashed Potatoes Rolls & Butter Applesauce Milk  12	Tomato Soup Egg Salad Sandwich Potato Chips Peaches Milk  13
Hot Dog Baked Beans Mixed Vegetables Potato Chips Fruit Cocktail Milk  16	Chicken Noodle Casserole Corn Rolls & Butter Mixed Fruit Cup Milk  17	Mac & Cheese Casserole Stewed Tomatoes Hot Apples Rolls & Butter Milk  18	Baked Chicken Gravy Mashed Potatoes Steamed Broccoli Bread & Butter Fruit Cocktail Milk  19	Tuna Salad Minestrone Soup Steamed Broccoli Chips Peaches Milk  20
Hamburger Corn French Fries Applesauce Milk  23	Hot Dog Baked Beans Carrots Peaches Tater Tots Milk  24	Chili Mac Corn Rolls & Butter Applesauce Milk  25	Spaghetti Meat Sauce Tossed Salad Rolls & Butter Hot Apples Milk  26	Breaded Pollock Mixed Vegetables Scalloped Potatoes Rolls & Butter Oranges Milk  27
Sloppy Joe Tator Tots Rolls & Butter Applesauce Milk  30	Vegetable Rice Casserole Chicken Broccoli Pears Rolls & Butter Milk  31			

### 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](mailto: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 47, Issue 3  
March 2026

### March News

Hello Everyone!

February was full of fun, friendship, and fantastic memories! We kicked off the month with a sweet field trip to the Fannie May Chocolate Factory, where everyone enjoyed seeing (and tasting!) how delicious treats are made. Back at the program, we kept the chocolate theme going by making our own goodies and celebrating birthdays in style. We were also honored to welcome the Summit County Historical Society, who shared an engaging and meaningful presentation in recognition of Black History Month. We had an amazing time during our Valentines Day party and then we wrapped up February with our very own version of the Olympics, complete with friendly competition, lots of laughter, and plenty of team spirit!

March is shaping up to be just as exciting! The Rainbow Room will be whipping up brownies, while the Movers and Shakers are bravely attempting cheesecake once again. For the first time we'll be welcoming a visit from Dream Dog on the 11<sup>th</sup>, and we are going to take a group to the Classic Car Museum on the 20<sup>th</sup>. We'll celebrate St. Patrick's Day with our festive Leprechaun Challenge, sure to bring out everyone's lucky side. We're also thrilled to welcome two special entertainers. On March 13<sup>th</sup> we have Jay Nye, and on March 26<sup>th</sup> we have David Rodriguez for performances that are guaranteed to get us smiling and moving. To top it all off, we'll finish the month by coloring Easter eggs and celebrating the bright start of spring together. We can't wait for another month of fun, creativity, and community!

Until Next Time,  
Laura and Crystal

### From the Nurses

Care for Your Kidneys

Your kidneys flush toxins from the body and help maintain proper balance of sodium (salt), potassium, and fluids. When the kidneys are not working properly, excess salt or fluid can place added stress on them. The most common causes of kidney disease are diabetes and high blood pressure. Individuals with a family history of kidney problems may also be at increased risk.

### Symptoms of kidney disease may include:

- Changes in urination (decreased amount, frequent nighttime urination, or stopping completely)
- Swelling of the ankles, feet, or legs
- Decreased appetite
- Fatigue
- High blood pressure
- Nausea or vomiting lasting several days
- Decreased sensation, especially in the hands or feet

If you are experiencing one or more of these symptoms, consult your doctor to rule out kidney disease.

Doctors may recommend dietary changes for individuals with kidney disease. These can include limiting potassium, fluids, protein, phosphorus, and salt, depending on the stage and individual needs.

### Important reminder:

Always consult your doctor before making any changes to your diet or medications. Report any changes in your health, no matter how slight, and share any updated recommendations with your care team.

Yours in Good Health!

Linda, Brooke, & Ky'esha