Greetings to All,

As winter approaches, so does the conclusion of another eventful year at Summit Adult Day Services. I would like to express my deepest appreciation to all of our members. It is both an honor and a privilege to be part of your lives and to have you as valued members of our program. We sincerely appreciate our partnership with you and look forward to continuing to serve you for many years to come.

I would also like to extend my gratitude to everyone who took the time to participate in our Annual Survey. Your feedback is instrumental in helping us identify our program's strengths and determine areas where growth or improvement may be needed. Our goal is to provide the highest quality services possible to meet the needs of our participants and their caregivers. Open communication, including feedback received through our annual survey, helps us better understand those needs and make appropriate adjustments to our services and operations.

This year's survey had a 20.8% response rate. Overall ratings for Activities, Nursing Services, Quality of Meals, and Facility Appearance were strongest in the Excellent and Good categories, followed by Fair. Most notably, 100% of respondents expressed satisfaction with the overall services and care provided by Summit Adult Day Services.

Additional survey results included the following:

- Personal Care: 74% of respondents indicated satisfaction, while 26% indicated that they were unsure or did not use this service.
- Participation in Activities: 81% satisfaction.
- Communication: 90.5% of respondents felt they were adequately informed.
- Maintaining Independence and Social Connection: 96% indicated that participation in our program has helped them remain functional, socially engaged, and able to continue living in their homes and participating in their communities.
- Health and Wellness: 95.2% reported that our program has helped them lead healthier and more active lifestyles.

These positive results would not be possible without you, our valued partners. Your continued participation, trust, and communication are the driving forces behind our commitment to providing quality care and services. We are grateful for the opportunity to make a meaningful difference in the lives of our members and their caregivers.

Thank you once again for taking the time to participate in our annual survey and for being a valued member of Summit Adult Day Services. Your feedback matters, and we remain committed to listening, learning, and continually improving our program.

If you have any questions or would like additional information regarding this report, please feel free to contact me at (330) 762-2000.

With sincere appreciation and best wishes for the winter season,

Very truly yours,
Jim Mazzagatti
Summit Adult Day Services



Special Events

Fieldtrip: Holiday Tree Festival
November 19

Movers Room Meeting
November 23

Client Council
November 24

Rainbow Room Meeting
November 30

Communion

November 5
November 12
November 19

Devotions

November 6
November 19
November 25

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beach Ball Volleyball	3 Entertainment: Michael Davis	4 Lucky Number Dice Game	5 BINGO	6 Add Em Up
9 Birthday Recognition	10 Bullseye Challenge	11 Honoring Our Veterans	12 Ceramics	13 BINGO
16 Frisbee Toss	17 Bingo Store	18 BINGO	19 Roll for a Prize	20 A Grateful Gathering
23 BINGO	24 Popcorn & Movie	25 The Music Box Game	26 In All Things Give Thanks CLOSED	27 CLOSED
30 Ax Throwing				

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beach Ball Volleyball	3 Entertainment: Michael Davis	4 BINGO	5 Paint and Sip	6 Mystery Message Challenge
9 Birthday Recognition	10 What is the World Do you Mean?	11 Honoring Our Veterans	12 BINGO	13 Peanut Butter Tic Tac Toe
16 BINGO	17 Bingo Store	18 Roll for a Prize	19 Pool Noodle Hockey	20 A Grateful Gathering
23 Ceramics	24 BINGO	25 Holiday Movie OR Manicures	26 In All Things Give Thanks CLOSED	27 CLOSED
30 Lucky Number Dice Game				

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
Breaded Fish Mixed Vegetables French Fries Rolls & Butter Oranges Milk 2	Rigatoni Meat Sauce Tossed Salad Rolls & Butter Hot Apples 8Milk 3	Mac & Cheese Stewed Tomatoes Rolls & Butter Pineapples Milk 4	Chicken Noodle Soup Egg Salad Sandwich Carrots Peaches Milk 5	Baked Chicken Gravy Mashed Potatoes Peas Bread & Butter Oranges Milk 6
Hot Dog Baked Beans Mixed Vegetables Potato Chips Applesauce Milk 9	Chicken Noodle Casserole Carrots Rolls & Butter Mixed Fruit Cup Milk 10	Hamburger 3 Bean Salad Potato Chips Pears Milk 11	Chicken Parmesan Pasta Green Beans Oranges Rolls & Butter Milk 12	Ribbed Pork Patty BBQ Sauce Potatoes Mixed Vegetables Pears Rolls & Butter Milk 13
Rice Vegetable Casserole Diced Chicken Cheddar Cheese Broccoli Rolls & Butter Fruit Cocktail Milk 16	Meatloaf Green Beans Mashed Potatoes Rolls & Butter Applesauce Milk 17	Hot Dog Baked Beans Carrots Peaches Pasta Salad Milk 18	Rigatoni Meat Sauce Tossed Salad Rolls & Butter Hot Apples Milk 19	Breaded Fish Mixed Vegetables French Fries Rolls & Butter Oranges Milk 20
Sloppy Joe Potato Chips Pea Salad Applesauce Milk 23	Mac & Cheese Stewed Tomatoes Rolls & Butter Pineapples Milk 24	Turkey & Gravy Stuffing Greens Beans Yams Cranberry Sauce Rolls & Butter Pumpkin Pie Milk 25	 CLOSED 26	 CLOSED 27
Baked Chicken Gravy Mashed Potatoes Carrots Bread & Butter Mixed Fruit Cup Milk 30				

Caregiver Support

November 11th, 2026
10:00am-11:00am

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.

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 c, 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.

November Birthdays

Frankie	November 6
Bernadine	November 7
Doug	November 7
Dock	November 9
Delores	November 15
Doris	November 21

Holiday Closures

November 26
Thanksgiving Day

November 27
Day after Thanksgiving

December 24
Christmas Eve

December 25
Christmas Day

December 31
New Year's Eve

January 1
New Year's Day



Stay in Touch!

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DIRECTION HOME AKRON CANTON
AREA AGENCY ON AGING & DISABILITIES

Catholic Charities
Summit County
DIOCESE OF CLEVELAND

The Spotlight

Summit Adult Day Services

Volume 47, Issue 11
November 2026

Fall Fun and Thanksgiving at Summit Adult Day Services

October was filled with fun, laughter, and festive activities at Summit Adult Day Services! We enjoyed a lively drumming session with Sam and wonderful entertainment from the ladies of the Rootin Nannies. Our Trick-or-Treat event with the children brought plenty of smiles and Halloween excitement. We also got into the Halloween spirit by watching the classic movie Abbott and Costello Meet Frankenstein while enjoying delicious donuts and warm apple cider. It was a wonderful month filled with friendship, entertainment, and seasonal fun!

As we welcome November, we have so much to be thankful for at Summit Adult Day Services! We look forward to sharing our blessings and gratitude during our Grateful Gathering, complete with a delicious slice of pumpkin pie. We will also take time to honor and thank our Veterans for their service and sacrifice. November brings even more excitement with live entertainment by Michael Davis on November 3 and a special field trip to the Holiday Tree Festival on November 19. We are looking forward to making more wonderful memories together as we celebrate the spirit of gratitude, and the joy of the holiday season!

Happy Thanksgiving!
Laura and Sam

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

From the Nurses

Stress is common in older adults, especially when dealing with health changes, loss of loved ones, caregiving responsibilities, or reduced independence. Here are some simple and effective stress-relief tips for seniors:

Physical Activities
- Take a daily walk, even for 10–15 minutes.
- Practice gentle stretching or chair exercises.

Relaxation Techniques
- Deep breathing exercises: inhale slowly for 4 counts, hold for 4, exhale for 4.
- Listen to calming music or nature sounds.

Stay Socially Connected
- Spend time with family and friends.
- Participate in hobbies with others, such as crafts, gardening, or book clubs.

Maintain Healthy Habits
- Aim for consistent sleep routines.
- Eat balanced meals and stay hydrated.
- Limit caffeine and excessive alcohol, which can worsen anxiety.

When to Seek Help
- If stress leads to persistent sadness, anxiety, sleep problems, appetite changes, or difficulty managing daily activities, encourage the person to speak with a healthcare provider or mental health professional.

Quick Stress-Relief Exercise for Seniors:
- Sit comfortably.
- Take a slow deep breath in through the nose.
- Slowly exhale through the mouth.
- Repeat 5 times while focusing on a pleasant memory or calming image.

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