





Mon	Tue	Wed	Thu	Fri
		1 Turkey Pot Pie Peas & Carrots Cottage Cheese Vanilla Pudding w/ Fruit Milk	2 Quiche/Bacon & Egg Pie Hash Brown Potatoes Orange Slices Milk	3 Tuna Salad Sandwich Vegetable Soup Cottage Cheese Fruit Milk
6 Baked Chicken Breast Macaroni & Cheese Salad w/Dressing Fruit Cocktail Milk	7 Hot Dog on Bun Baked Beans French Fries Applesauce Milk	8 Salisbury Steak w/Gravy Mashed Potatoes Peas Peaches Milk	9 Chicken Soup Crackers Deli Sandwich Cake Milk	10 Baked Tuna Casserole Tossed Salad Roll & Butter Jello w/Fruit Milk
13 Lasagna w/Meat Sauce Green Salad w/Dressing Brownie Milk	14 Chicken Patty on Bun Home Fries Stewed Tomatoes Strawberry Fluff Milk	15 BBQ Beef on Bun Oven Fried Potatoes Coleslaw Pears Milk	16 Roast Beef w/Gravy Noodles Carrots & Peas Vanilla Ice Cream Milk	17 Baked Fish Rice Pilaf Spinach Peaches Milk
20 Hot Roast Beef Sandwich Hash Browns Coleslaw Cherry Pie Milk	21 Cheeseburger on Bun Oven Baked Potatoes Sliced Tomato & Lettuce Pears Milk	22 Chili Rice Salad w/Dressing Mandarin Oranges Milk	23 BBQ Pork on Bun Baked Beans Coleslaw Fruit Cocktail Milk	24 Tomato Soup Grilled Cheese Sandwich Tater Tots Mixed Fruit Milk
27 Baked Chicken Breast Mashed Potatoes Green Beans Fruit Cup Milk	28 Spaghetti w/Meat Sauce Green Beans Peach Cobbler Milk	29 Chicken & Dumplings Carrots Tossed Salad Pears in Jello Milk		

February Menu

SUMMIT COUNTY  
**DEPARTMENT OF JOB & FAMILY SERVICES**  
*...building stronger families for a better community*

*...and justice for all*  
This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250. Secretary of Agriculture Pursuant to Title VI of Civil Rights Act of 1964. 42 USC2000d and CFR Part 15

**Catholic Charities Community Services/  
Summit County/Summit ADS  
2012 Holiday Closings**  
*We will observe the following holidays...*

<b>April 6</b>	<b>Good Friday</b>
<b>May 28</b>	<b>Memorial day</b>
<b>July 4</b>	<b>Independence Day</b>
<b>September 3</b>	<b>Labor Day</b>
<b>November 22 &amp; 23</b>	<b>Thanksgiving</b>
<b>December 24 &amp; 25</b>	<b>Christmas Holidays</b>
<b>Dec 31 &amp; Jan 1</b>	<b>New Year's Holidays</b>



# SUMMIT ADULT DAY SERVICES

"Community is the Heart of our Service"

## Geriatrics

Phone: 330-762-2000  
Fax: 330-762-2001

Hours of operation: 7am to 5pm



Volume 33, Issue 2  
February, 2012

**Notes & News**

Hello Everyone!

We hope all of you are having a warm winter so far! We have kept away the cold by staying busy here at Summit ADS! January kicked off an exciting new year for us. Steve Sayre joined us on the 2<sup>nd</sup> and kept us moving and grooving the afternoon away. Our fieldtrip to Midway Lanes was a lot of fun! Carolyn from the Movers and Shakers was our top bowler for the day, but everyone did great. We also took time to remember the friends we lost in 2011 during our Memorial Prayer Service with Rev. Keith McLaughlin. We ended the month with one of our favorites, Sam Fosh!

February will fill our hearts with lots of fun, love, and chocolate!! Our fieldtrips include a tour of Harry London's Chocolate Factory on the 7<sup>th</sup> and a luncheon at Akron Family Restaurant on the 20<sup>th</sup>. We will hold our very own Super Bowl Playback to celebrate the end of football season on the 6<sup>th</sup>. We look forward to our annual Valentine's Ball which will feature music by Cheryl Rundle and we will also crown our very own King and Queen of Hearts. We hope you like pancakes, because on the 24<sup>th</sup> we will enjoy a pancake breakfast in the morning and a fun-filled Pancake Flip in the afternoon.


We want to wish the following participants a Happy Birthday this month: Joseph C., Beverly S., Cheryl T., Dale B., Margie G., Mary O., Hanny S., Mary Jane F., Marvin G., Edward B., and Sarah S.

We have missed our friends who have been away from Summit ADS for a time and hope to see them back with us soon. We miss you: Annie B., Kristine H., Rosemary L., Carl M., William M., Bevelry S., Beverly S., Cheryl T., Junita B., Mary Jane F., Marvin G., Ruth L., Mary M., Joseph N., Donna N., Ora Lee W., Janet Y., Theresa B., Joseph V.


Until Next Month!  
Kelly and Laura

**NOTICE—NOTICE—NOTICE**  
**Summit Adult Day Services**  
**Plan of Care Review**  
**Quarterly Schedule**

**PASSPORT and Care Coordination participants will be having their quarterly case conference Plan of Care reviews in February. If you plan to attend please contact Ginger at (330) 762-2000 x235**



**Nursing Station**  
**Heart Health Month**



Heart disease is the leading cause of death in the United States and is a major cause of disability. It is estimated that every 25 seconds, an American will experience a coronary event, and about one every minute will die from one. Conditions that affect your heart or increase your risk of death or disability which includes arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco and secondhand smoke are also risk factors associated with heart disease.

Signs and symptoms of a heart attack:

- Chest, arm (one or both), back, neck, jaw or stomach discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Shortness of breath, with or without chest discomfort.
- Cold sweat, nausea, or lightheadedness.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Physical activity in your daily life is also an important step to preventing heart disease.

Yours in Good Health,  
Linda, Jodi, Marlesa & Ky'esha

**Please send all medication in original containers with participant's name clearly marked. We must have Doctor's orders for ALL medications.**

**Since Summit Adult Day Services does not provide briefs or Depends, we are asking our clients who require these items, to provide an extra change of clothes and briefs or Depends. ALL items sent in should have the clients name clearly marked.**

**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.

Summit ADS (330) 762-2000	SCAT (330) 376-8458
UDS (330) 762-9751	CSBDD (330) 634-8782
	Yellow Cab (330) 253-2131

**CAREGIVERS SUPPORT GROUP MEETING**  
**February 29, 2012— 10:00 am**  
Summit ADS Small Meeting Room  
With an open forum for discussion and sharing.  
Refreshment will be served.

NONPROFIT ORG.  
U.S. POSTAGE PAID  
AKRON, OHIO  
PERMIT NO. 528

Catholic Charities Community  
Services/Summit  
812 BIRUTA STREET  
AKRON, OHIO 44307



**February**

**Activity Calendar**

**Monday**



**Tuesday**

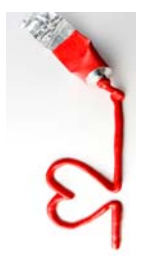
6  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—**Sunshine:** Super Bowl Playback  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
1:00—Ceramics with Deana  
1:00—**Kaleidoscope:** Table Ball  
1:00—**Movers & Shakers & Rainbow:** Super Bowl Playback  
1:00—**Sunshine:** Craft Corner  
2:15—Crafts/Games  
3:15—February Trivia  
4:15—Chat/Activity

7  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Bean Bag Twister  
10:30—**Fieldtrip: Harry London Candy Factory & Lunch Out**  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Heart Toss  
1:00—**Movers & Shakers & Rainbow:** Bonus Bingo or Heart to Heart  
1:00—**Sunshine:** Bingo  
2:15—Crafts/Games  
3:15—Jumbo Golf  
4:15—Chat/Activity

8  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Variety Day  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Music & Manicures  
1:00—**Movers & Shakers:** Birthday Celebration: Homemade Cake  
1:00—**Rainbow:** Heart Toss  
1:00—**Sunshine:** Hot Drink Social  
2:15—Crafts/Games  
3:15—Charades  
4:15—Chat/Activity

9  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Ring-A-Ling Game  
10:45—Current Affairs or Creative Arts  
12:30—Communion  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Craft Corner: Valentine's Day Wishes  
1:00—**Movers & Shakers:** The Music Box Game  
1:00—**Rainbow:** Bingo  
1:00—**Sunshine:** Fun in the Kitchen: Homemade Chocolate  
2:15—Crafts/Games  
3:15—Balloon Toss  
4:15—Chat/Activity

10  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—**Sunshine:** Craft Corner  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
1:00—Strength & Fitness Class  
1:00—**Kaleidoscope:** Fun in the Kitchen: Homemade Birthday Cake  
1:00—**Movers & Shakers:** Bingo  
1:00—**Rainbow:** Games of the Heart  
1:00—**Sunshine:** Music Box Game  
2:15—Crafts/Games  
3:15—Sing-Along  
4:15—Chat/Activity



13  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Variety Day  
12:30—Daily Exercise  
1:00—Strength & Fitness Class  
1:00—**Kaleidoscope:** Music & Manicures  
1:00—**Movers & Shakers:** Sensational "Sweets" Day: Homemade Chocolate  
1:00—**Rainbow:** Bingo  
1:00—**Sunshine:** Who Stole My Heart?  
2:15—Crafts/Games  
3:15—Valentine Trivia  
4:15—Chat/Activity

14  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Sunshine Room Meeting & Crafts  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
12:30—Prayer & Scripture w/Mary Cooper  
1:00—**Kaleidoscope:** Valentine's Day Dance  
1:00—**Valentine's Day Dance with Cheryl Rundle**  
2:15—Crafts/Games  
3:15—Wuzzles  
4:15—Chat/Activity

15  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Movers & Shakers Group Meeting  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Heart Toss  
10:45—Current Affairs or Creative Arts  
11:00—Rainbow Group Meeting  
12:30—Daily Exercise  
12:30—Communion  
1:00—Ceramics with Ashley  
1:00—**Kaleidoscope:** Horseshoes  
1:00—**Movers & Shakers:** Bingo  
1:00—**Rainbow:** Who Stole My Heart?  
1:00—**Sunshine:** Craft Corner  
2:15—Crafts/Games  
3:15—I Spy  
4:15—Chat/Activity

16  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Basketball  
10:45—Current Affairs or Creative Arts  
12:30—Communion  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Fun in the Kitchen: Cookie Creations  
1:00—**Movers & Shakers & Rainbow:** Bonus Bingo or Wii Bowling  
1:00—**Sunshine:** Bingo  
2:15—Crafts/Games  
3:15—Target Toss  
4:15—Chat/Activity

17  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Beach Ball Blast  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Craft Corner  
1:00—**Movers & Shakers:** He Said, She Said  
1:00—**Rainbow:** Pizza Party  
1:00—**Sunshine:** Craft Corner  
2:15—Crafts/Games  
3:15—Sing-Along  
4:15—Chat/Activity

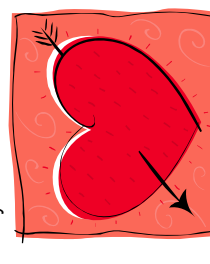
20  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—**Sunshine:** Craft Corner  
10:30—**Hair Stylist**  
10:45—Current Affairs or Creative Arts  
11:00—**Fieldtrip: Lunch Out at Akron Family Restaurant**  
12:30—Daily Exercise  
1:00—Client Council  
1:00—Strength & Fitness Class  
1:00—**Kaleidoscope:** Snowball Basketball  
1:00—**Movers & Shakers & Rainbow:** Bonus Bingo or Noodle Ball  
1:00—**Sunshine:** Family Feud  
2:15—Crafts/Games  
3:15—20 Questions  
4:15—Chat/Activity

21  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—**Sunshine:** Craft Corner  
12:30—Daily Exercise  
12:30—Client Support Group  
1:00—**Kaleidoscope:** Music & Manicures  
1:00—**Movers & Shakers:** Bingo  
1:00—**Rainbow:** Birthday Celebration: Homemade Cake  
1:00—**Sunshine:** Mardi Gras Celebration  
2:15—Crafts/Games  
3:15—Balloon Volleyball  
4:15—Chat/Activity

22  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Bulls eye  
10:45—Current Affairs or Creative Arts  
12:20—**Communion & Distribution of Ashes w/ the Legion of Mary**  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Craft Corner: Creative Painting  
1:00—**Movers & Shakers:** Grab Bag Bonanza  
1:00—**Rainbow:** Pop the Question  
1:00—**Sunshine:** Bingo  
2:15—Crafts/Games  
3:15—Knock 'Em Down!  
4:15—Chat/Activity

23  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Crazy Bowl  
10:45—Current Affairs or Creative Arts  
12:30—Communion  
12:30—Daily Exercise  
1:00—Ceramics with Laura  
1:00—**Kaleidoscope:** The Box Game  
1:00—**Movers & Shakers:** Basketball  
1:00—**Rainbow:** Bingo  
1:00—**Sunshine:** Craft Corner  
2:15—Crafts/Games  
3:15—Word Womp  
4:15—Chat/Activity

24  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:00—Variety Day  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** The Rice Challenge  
1:00—**Movers & Shakers & Rainbow:** Pancake Flip  
1:00—**Sunshine:** Pancake Toss Up!  
2:15—Crafts/Games  
3:15—Sing-Along  
4:15—Chat/Activity



27  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Jarts  
10:45—Current Affairs or Creative Arts  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Craft Corner: Invisible Art  
1:00—**Movers & Shakers:** Bingo  
1:00—**Rainbow:** Chocolate Lover's Day  
1:00—**Sunshine:** Karaoke! Fun  
2:15—Crafts/Games  
3:15—Movie Star Trivia  
4:15—Chat/Activity

28  
9:00—Walking Club  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Variety Day  
12:30—Daily Exercise  
12:30—Nurse's Chat  
1:00—Ceramics with Kelly  
1:00—**Kaleidoscope:** Jello Jigglers  
1:00—**Movers & Shakers:** Snowball Challenge  
1:00—**Rainbow:** Bingo  
1:00—**Sunshine:** Noodle Ball  
2:15—Crafts/Games  
3:15—Bullseye  
4:15—Chat/Activity

29  
9:00—Walking Club  
9:15—Walker's Club Breakfast  
10:00—Devotions  
10:00—Euchre/Cards  
10:30—Strength & Fitness Class  
10:30—**Sunshine:** Craft Corner  
10:45—Current Affairs or Creative Arts  
12:30—Communion  
12:30—Daily Exercise  
1:00—**Kaleidoscope:** Parachute Fun  
1:00—**Movers & Shakers & Rainbow:** Bonus Bingo or Corn Hole  
1:00—**Sunshine:** Bingo  
2:15—Crafts/Games  
3:15—Hangman  
4:15—Chat/Activity



*Happy Valentine's Day*