

July 2025

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

July is a Colorful Month

We will be having a colorful time in July. Here are the days and colors we will be celebrating:

July 8 - Red

July 11 - Orange

July 15 - Yellow

July 18 - Green

July 22 - Blue

July 25 - Purple

July 29 - All Colors!

* * * * *

July 4th

**Margaret's Heart
Senior Day Center
will be closed on
July 4th**

Cost Comparison

When booking a hotel for summer vacation, chances are you compared several choices and one of the things you looked at was the price. While that may not have been the deciding factor as to whether you booked it or not, the total price can be a deciding factor in where you choose to stay. Comparing prices is often a good place to start when trying to make a decision.

Genworth Financial and Care Scout offer a cost comparison tool on their website (www.carescout.com/cost-of-care) that enables you to compare various levels of care. Here are a few numbers to compare; these numbers are based on the monthly median costs for Cincinnati.

- Skilled nursing private room: \$11,224
- Skilled nursing semi-private room: \$9,733
- Assisted Living private room: \$6,032
- In-home Care, Home Health Aide: \$6,387
- In-home care, Homemaking services: \$6,292

*The cost for a senior to enroll in Margaret's Heart Senior Day Center for **five days a week over four weeks is \$1,700.** This price includes a light breakfast, a hot lunch, an afternoon snack, and assistance from a registered nurse for medical needs, as well as aides to help with personal care. Additionally, we offer a day filled with fun and engaging activities in a home-like setting.*

We understand that finding the right solution can be challenging, which is why we invite you to call us today to schedule a tour. We would be honored to show you how Margaret's Heart can support you on this important journey. Remember, you're not alone—we're here to help.

Did you know?

According to the Alzheimer's Association 2025 Alzheimer's Disease Facts and figures:

- Over 7 million Americans are living with Alzheimer's Disease.
- 1 in 3 older adults dies with Alzheimer's or another dementia.
- Alzheimer's kills more people than breast cancer and prostate cancer combined.
- In 2025, Alzheimer's and other dementias will cost the nation \$384 billion. By 2025, these costs could rise to nearly \$1 trillion.
- Nearly 12 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- 4 in 5 Americans would want to know if they had Alzheimer's before symptoms appear or affect daily activities.
- 92% of Americans would want a medication to slow the progression of Alzheimer's following a diagnosis.

To learn more about Alzheimer's disease and other forms of dementia, visit www.alz.org.

Information above from www.alz.org/facts

At our center, we understand the unique challenges faced by older adults with memory impairment, and we're dedicated to providing compassionate care. We are proud to partner with the NeuroPsych Center of Greater Cincinnati and the new Medicare Guide Program to support seniors with dementia and their families during this journey. Together, we strive to make a positive impact on their lives.

Happy Birthday to Center Assistant Ashley and Activity Director Betsy! Ice cream is always a great way to celebrate!



A sweet treat and a game of Father's Day Bingo to celebrate Father's Day.



We recently heard that one of our neighbors was not feeling well. The participants and staff made cards that we then delivered to bring some get-well wishes.

July 2025 Seniors' CHOICE menu				
Monday	Tuesday	Wednesday	Thursday	Friday
 Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Watermelon Diet: same	 Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parslief Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	 Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parslief Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same
Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Vegetable Medley (2 servings) Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Grape Juice 100% Animal Crackers Diet: same	Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Peaches Wheat Bread / Margarine Diet: same	Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Peaches Wheat Bread / Margarine Diet: same
Macaroni & Cheese - 9130 (ch b) fish sticks w/ tartar sauce - ch7024 Green Beans Stewed Tomatoes Peas Wheat Bread (2 slices) Margarine Diet: same	Ham Sandwich on White - 9125 (ch b) roast beef sandwich on white ch7031 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Turkey Frank - 9002 (ch b) polish sausage - ch7069 Potato Wedges Mixed Vegetables Bun Mustard Mandarin Oranges Diet: same	Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same	BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Sponge Cake Diet: same
Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same	Sloppy Joe - 9060 (ch b) chicken bbq ch7002 Peas Chuckwagon Corn Bun Peaches Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions (ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Fruit Cocktail Wheat Bread / Margarine (ch a only) Diet: same	Hamburger - 9071 (ch b) hot deli ham ch7005 w/ White American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup
Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Cheese Lasagna - 9316 (ch b) beef & noodles ch7052 Italian Vegetables Yellow Squash Applesauce Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Cincinnati Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Peaches Cheddar Cheese (ch a only) Oyster Crackers (ch a only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Did you know? The Declaration of Independence was not signed by all representatives until August, 1776. To make it official, John Hancock, President of the Continental Congress signed it. Now, can anyone guess where the saying "put your John Hancock on it" came

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July is a Colorful Month	Morning Chat 1 Stretch & Flex Travel to Canada Parachute Fun Lunch Musical Moments <i>Canada Day</i>	News of the Day 2 Chair Volleyball UFOs Trivia Time Lunch Pokeno <i>World UFO Day</i>	Today's History 3 Beanbag Toss Pony Express Cranium Crunches Lunch All About the 4th	4 Fourth of July MHSDC Closed
	Morning Chat 8 Stretch & Flex John Phillips Sousa Mind Games Outing to Chamber Tailgate Luncheon Red Reception <i>Wear Red Day</i>	News of the Day 9 Balloon Tennis Craft Corner Brain Fitness Lunch Movie Time	Today's History 10 Beanbag Toss Cats & Kittens Parachute Fun Lunch Musical Moments <i>Kitten Day</i>	Morning Chat 11 Stretch & Flex All about Motorcycles Trivia Time Lunch Spa Sessions Orange Occasion <i>Wear Orange Day</i>
	Morning Chat 15 Stretch & Flex Travel to France Parachute Fun Lunch Sunshine Soiree <i>Wear Yellow Day</i>	News of the Day 16 Chair Volleyball All about Snakes Mind Games Lunch Pokeno <i>World Snake Day</i>	Today's History 17 Connect Four Learn about Emojis Brain Fitness Lunch Puzzles & Games <i>World Emoji Day</i>	Morning Chat 18 Stretch & Flex Who Am I? Word Games Lunch Green Gathering <i>Wear Green Day</i>
	Morning Chat 22 Stretch & Flex Tijuana Brass Jeopardy Lunch Blue Bash <i>Wear Blue Day</i>	News of the Day 23 Balloon Tennis Craft Corner Brain Teasers Lunch County Fairs <i>Vanilla Ice Cream Day</i>	Today's History 24 Beanbag Toss All about Cowboys Parachute Fun Lunch Musical Moments <i>Cowboy Day</i>	Morning Chat 25 Stretch & Flex Mind Games Sing Along with Betsy Lunch Spa Sessions Purple Party <i>Wear Purple Day</i>
	Morning Chat 29 Stretch & Flex Travel to Seychelles Parachute Fun Lunch A Colorful Afternoon Be Colorful Day!	News of the Day 30 Chair Volleyball Famous Friends Trivia Time Lunch Pokeno <i>Friendship Day</i>	Today's History 31 Connect Four All about Dogs Brain Teasers Lunch Puzzles & Games <i>Mutt's Day</i>	
News of the Day 7 Sit & Be Fit Lucky Sevens Brain Teasers Lunch Puzzles & Games <i>Strawberry Sundae Day</i>	News of the Day 14 Sit & Be Fit French Revolution Brain Teasers Lunch Learn about Sharks <i>Bastille Day</i>	News of the Day 21 Sit & Be Fit How It's Made Trivia Time Lunch What Am I? <i>Junk Food Day</i>	News of the Day 28 Sit & Be Fit Hershey Chocolate Brain Fitness Lunch Table Games <i>Milk Chocolate Day</i>	

Activities are subject to change.

www.MHSDayCenter.com