

June 2025

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

We Made the News!

June Special Days

World Bicycle Day
June 3

Doughnut Day
June 6

Flag Day
June 14

Father's Day
June 15

Juneteenth
June 19

World Giraffe Day
June 21

Bingo Day
June 27

Margaret's Heart Senior Day Center opens in Eastgate

New center honors grandmother

By Megan Alley, Sun Editor

A registered nurse with more than 24 years of nursing experience in home health, hospital, long-term care, oncology, hospice, and assisted living has opened a new senior center in Eastgate. Kristin Gaffney is the founder of Margaret's Heart Senior Day Center, a 2,800-square-foot facility in Eastgate that opened at the end of March.

Margaret's Heart Senior Day Center, which was opened in honor of Gaffney's grandmother, is located at 651 Old State Route 74. The senior center provides a welcoming and engaging space designed for older adults. MHSDC aims to offer seniors physical, spiritual, and intellectual activities in a home-like environment, reads a press release from MHSDC.

Gaffney is quoted as saying, "Gram was very dear to me. When she began living with dementia, she could have greatly benefited from a senior

day center for socialization and nursing oversight. This support might have allowed her to stay in her condo longer instead of moving to a long-term care facility."

She added, "As a nurse, I've had a lifelong passion for helping the elderly. MHSDC is my dream fulfilled."

MHSDC is fully accessible and accommodates those using walkers, canes, or wheelchairs.

The center's staff is experienced and ready to serve. MHSDC has a full-time activity director with more than 17 years of experience and skilled aides who can help with toileting, showering, and eating, according to the press release.

Gaffney said that she is excited to welcome seniors to the new center.

"I think they will enjoy our home atmosphere and the personal care given to each and every person," she was quoted as saying.

MHSDC is set up to provide comfort and engagement, and the center offers various areas for seniors to enjoy, including:

- A quiet room with rockers, recliners, couch and armchairs, TV, and magazines for socializing or relaxing.

- A craft room for activities such as art, puzzles, crafts, bingo and music.

- A dining room with actual dining room furniture where seniors can enjoy meals, exercise, or play cards; a catered hot lunch, light breakfast, and afternoon snack are provided.

- A hospitable lobby for reading or relaxing.

- A fenced-in outdoor area for birdwatching, fresh air, or raised-bed gardening.

MHSDC accepts insurance and payment options, including Molina and United Health Care; dual Medicare/Medicaid plans; the Medicaid Passport waiver, and long-term care insurance. Private pay is also accepted. VA benefits and The Elderly Service Plan are pending.

The center is open to seniors Monday through Friday from 8:30 a.m. to 3:30 p.m.

Door-to-door transportation is available for participants.

For more information, visit www.mhsdaycenter.com or contact Margaret's Heart Senior Day Center at 513-528-0014.



Kristin Gaffney. Photo provided.



Kristin Gaffney with her grandmother. Photo provided.

The article above was in the April 2025 Senior Living Section of the Clermont Sun. Margaret's Heart Senior Day Center is a heartfelt tribute to its founder, Kristin Gaffney, honoring the legacy of her beloved grandmother.

"Gram was very dear to me. When she began living with dementia, she could have greatly benefited from a senior day center for socialization and nursing oversight. This support might have allowed her to stay in her condo longer instead of moving to a long-term care facility. As a nurse, I've had a lifelong passion for helping the elderly. MHSDC is my dream fulfilled." ~Kristin Gaffney

Respite Services

Did you know that Margaret's Heart Senior Day Center offers respite services? While we love having our participants come regularly, we understand that there may be times when a participant needs to attend for only a few days. Last month, we had a participant come for just a week while the family navigated work and travel. We were able to cater to the participant's favorite activities, such as playing cards, reading, and watching the morning news. The family had peace of mind knowing that their mom was in a safe space while they worked and traveled. Margaret's Heart Senior Day Center can be a solution for when life's schedules change or caregivers need a break. Call us today to see how we can help provide respite to caregivers and fun for the participant.



June Birthdays

Andy Griffith (actor) - June 1, 1926
 Morgan Freeman (actor) - June 1, 1937
 Curtis Mayfield (singer) - June 3, 1942
 Anderson Cooper (journalist) - June 3, 1967
 Kenny G (musician) - June 5, 1956
 Dean Martin (singer, actor) - June 7, 1917
 Joan Rivers (comedian) - June 8, 1933
 Gene Wilder (director) - June 11, 1933
 Burl Ives (singer) - June 14, 1909
 Nicole Kidman (actress) - June 20, 1967
 Meryl Streep (actress) - June 22, 1949
 June Carter Cash (singer) - June 23, 1929
 Sonia Sotomayor (judge) - June 25, 1945
 Mel Brooks (actor) - June 28, 1926
 Frank Loesser (composer) - June 29, 1910

*Turn your face to the
 sun and the shadows
 will fall behind you.
 ~Māori proverb*

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
News of the Day 2 Sit & Be Fit June Happenings Brain Teasers Lunch Cards & Games <i>Rocky Road Day</i>	Today's News 3 Stretch & Flex All about Bicycles Cranium Crunches Lunch Dice Games <i>World Bicycle Day</i>	Morning Chat 4 Balloon Tennis All about Cheese Mind Games Lunch Outdoor Fun <i>National Cheese Day</i>	News of the Day 5 Sit & Stretch Wacky Weather Trivia Time Lunch Yo-Yo Tricks 	Friday Funnies 6 Fun & Fitness Doughnut Girls Brain Fitness Lunch Games & Puzzles <i>Donut Day</i>
News of the Day 9 Sit & Be Fit Donald Duck Word Games Lunch Craft Corner 	Today's News 10 Stretch & Flex Garden Gnomes Brain Teasers Lunch Root Beer Floats <i>Black Cow Day</i>	Morning Chat 11 Chair Volleyball Who am I? Cranium Crunches Lunch Fun with Flags <i>Corn on the Cob Day</i>	News of the Day 12 Sit & Stretch All about Roses Mind Games Lunch Cooking Club <i>Peanut Butter Cookie Day</i>	Friday Funnies 13 Fun & Fitness Father's Day Trivia Time Lunch Theme Bingo <i>Wear Blue Day</i>
News of the Day 16 Sit & Be Fit Waterfalls Brain Fitness Lunch Floral Melodies <i>National Fudge Day</i>	Today's News 17 Stretch & Flex Violin History Word Games Lunch Games & Puzzles <i>Eat Your Veggies Day</i>	Morning Chat 18 Balloon Tennis The Great Lakes Brain Teasers Lunch Fun in the Sun <i>Picnic Day</i>	News of the Day 19 Sit & Stretch Juneteenth History Cranium Crunches Lunch Pokeno Juneteenth	Friday Funnies 20 Fun & Fitness Jeopardy Table Games Lunch Summer Fun <i>Ice Cream Soda Day</i>
News of the Day 23 Sit & Be Fit Typewriter History Trivia Time Lunch Craft Corner <i>Pecan Sandies Day</i>	Today's News 24 Stretch & Flex Germany Travelogue Brain Fitness Lunch Card Games 	Morning Chat 25 Chair Volleyball What am I? Word Games Lunch Cooking Club 	News of the Day 26 Sit & Stretch Surf Music Brain Teasers Lunch Popsicles on the Patio <i>Bomb Pop Day</i>	Friday Funnies 27 Fun & Fitness Let's Learn Cranium Crunches Lunch Bingo <i>Bingo Day</i>
News of the Day 30 Sit & Be Fit Lena Horne Mind Games Lunch Fishing Fun 				



Activities are subject to change.

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June 2025 Seniors' CHOICE menu				
Monday 1	Tuesday 5	Wednesday 4	Thursday 5	Friday 6
Steak Hoagie w/ Gravy - 9302 <i>(ch b) grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	Lemon Pepper Fish - 9033 <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Mandarin Oranges Wheat Bread / Margarine Diet: same	Macaroni & Cheese - 9130 <i>(ch b) fish sticks w/ tartar sauce - ch7024</i> Green Beans Stewed Tomatoes Pears Wheat Bread (2 slices) Margarine Diet: same	Turkey Sandwich on Wheat - 9032 <i>(ch b) ham sandwich on wheat ch7044</i> Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Orange Chicken - 9105 <i>(ch b) baked fish - ch7048</i> Brown Rice Green Beans Carrots Peaches Wheat Bread / Margarine Diet: same
Chicken Fajita Bowl - 9004 <i>(ch b) Taco Bowl ch7010</i> Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice 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 <i>(ch b) beef & noodles w/gravy</i> <i>green beans, diced carrots ch7052</i> Grape Juice 100% Animal Crackers Diet: same	Salisbury Steak w/Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslaid Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti <i>(ch b) grilled cheese sandwich ch7063</i> Italian Vegetables Peas Sliced Strawberries Pound Cake Diet: same
Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Pears Wheat Bread (2 slices) Margarine Diet: same	Ham Sandwich on White - 9125 <i>(ch b) roast beef sandwich on white ch7031</i> 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) Diet: same	BBQ Beef - 9051 <i>(ch b) grilled chicken breast ch7026</i> Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same	Popcorn Chicken Bowl - 9006 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) chicken Alfredo w/ broccoli ch7067</i> Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same
Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Mixed Berry Applesauce Wheat Bread (2 slices) Margarine Diet: same	Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Peaches Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions <i>(ch b) spaghetti & meatballs w/ marinara, parmesan, Italian vegetables, & spinach</i> Pears Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 <i>(ch b) hot deli ham ch7005</i> w/ White American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup
Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same		 <p>First Day of Summer - June 20th</p>	<p>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2026</p>	 <p>Happy Father's Day! June 15th</p>