

September 2025

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

**Adult Day Services
Week is
September 22nd-26th**

**Theme of the Week:
Fall in Love with
Adult Day Services!**

**Wear Fall Colors
All Week Long**



We celebrated Dog Day in August with two of our participants' pups: Rudy and Lucky. We made dog treats and had doggy play time!

Seniors Guide

Have you seen the July-October edition of Seniors Guide? Margaret's Heart Senior Day Center is proud to be featured on page 37. The Seniors Guide is a free publication that showcases numerous businesses in the senior care industry, including retirement communities, nursing homes, home health agencies, and other senior services.

Check out the following link to see our online profile at Seniors Guide: <https://www.seniorguide.com/services/profile/margarets-heart-senior-day-center/>

Senior Services 37



We are thrilled to be able to enroll older adults from Butler, Clermont, Hamilton, and Warren counties.

Our core hours are 8:30am- 3:30pm Please call to discuss flexibility in our hours **513-528-0014**

We are open Monday- Friday!

ACCEPTING

Private Pay • Long Term Care Insurance • Passport Medicaid Waiver • We have a VA contract • Elderly Service Program (ESP) • Dual Medicare/Medicaid Plans (Molina/United Health Care)

WHAT WE OFFER:

- Socialization
- Assistance with ADL, including showers
- Activities
- RN care: Blood Pressure Monitoring, Medication Administration, Blood Sugar Check and more
- Field Trips
- Door to Door Transportation

- A comfortable, homey space
- Light breakfast, nutritious hot lunch and afternoon snack
- Respite for Caregivers

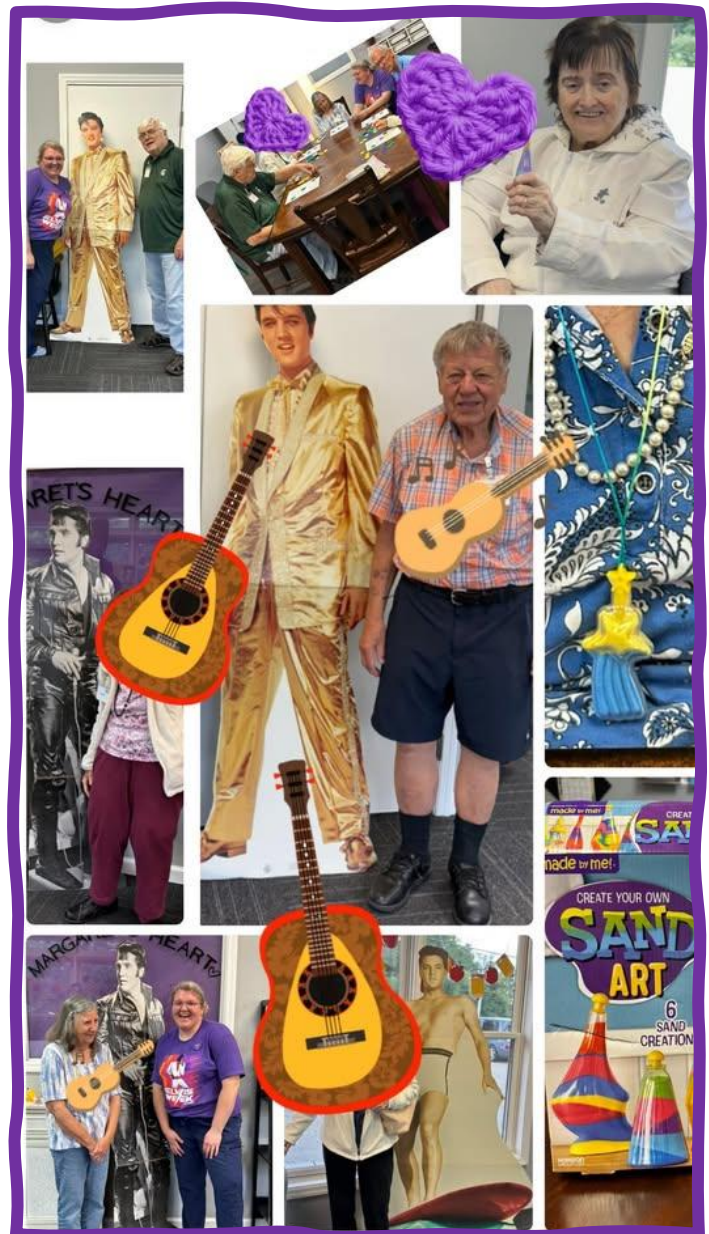


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Photo of ad from Seniors Guide Magazine

FIELD TRIP FOR ICE CREAM ON TUESDAY!



August was full of fun! We went on Field Trips to Clepper Park and The Dairy Corner in Newtown for ice cream! Activity Director Betsy brought in three of her Elvis standups to celebrate the end of Elvis Week.



September 2025 Seniors' CHOICE menu				
Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
 Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Peas 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	Chicken Alfredo <i>(ch b) mediterranean glazed salmon ch7068</i> Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	Turkey & Swiss on Wheat - 9032 <i>(ch b) ham & swiss on wheat ch7044</i> Potato Salad Coleslaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Salisbury Steak w/Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parslaid Potatoes Mixed Vegetables Peaches Wheat Bread (2 slices) Margarine Diet: same 
8	9	10	11	12
Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Peas 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 	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> green beans, diced carrots ch7052 Grape Juice 100% Animal Crackers Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Mandarin Oranges Dinner Roll / Margarine Diet: same 	Cheese Lasagna - 9316 <i>(ch b) beef & noodles ch7052</i> Italian Vegetables Yellow Squash Grape Juice 100% Wheat Roll / Margarine (ch a only) Diet: same
15	16	17	18	19
Beef Vegetable Teriyaki <i>(ch b) orange chicken</i> Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	Ham & Swiss on White - 9125 <i>(ch b) roast beef & swiss on white ch7031</i> 3 Bean Salad Potato Salad Fruit Cocktail Mustard (for ham only) Horseradish (for roast beef only) 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	Hamburger - 9071 <i>(ch b) hot del ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same 	Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti <i>(ch b) grilled cheese sandwich ch7063</i> Italian Vegetables Peas Sponge Cake Fruit Punch 100% Diet: same 
22	23	24	25	26
Steak Hoagie w/ Gravy - 9302 <i>(ch b) grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Chicken Caesar Salad w/ Parmesan & Croutons Marinated Cucumbers & Onions <i>(ch b) spaghetti & meatballs w/ marinara, parmesan, italian vegetables, & spinach</i> Peas Dinner Roll / Margarine Cinnamon Teddy Grahams Diet: same	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Cheesy Mashed Potatoes Green Beans Rye Bread (2 pcs) Peaches Mustard / Ketchup Diet: same	Rotini Pasta w/ Meat Sauce <i>(ch b) chicken alfredo w/ rotini pasta</i> Normandy Blend Vegetables Peas Apricots Wheat Bread / Margarine (ch a only) Diet: same 
29	30	September in History  9/2/1945 - President Truman proclaims V-J Day upon the surrender of the Japanese 9/3/1783 - Treaty of Paris signed that ended the American Revolutionary War 9/9/1776 - The U.S.A. came into existence as the Continental Congress changed the name of 9/16/1620 - The Mayflower ship departed from Plymouth, England, bound for America with 102 passengers and a small crew.		
Chicken Tenders - 9061 <i>(ch b) baked fish ch7048</i> Brown Rice Green Beans Carrots Apple Juice 100% Wheat Bread / Margarine Diet: same	Cinci-Style Chili - 9112 <i>(ch b) roast beef w/gravy ch7025</i> Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same			

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day MHSDC Closed	Blueberry Popsicle Day		National Wildlife Day	Popcorn Day
Outing to Jungle Jim's	Ants on a Log Day	Arnold Palmer Day		Chocolate Milkshake Day
Linguine Day	Guacamole Day	Country Music Day	Cheeseburger Day	Talk like a Pirate Day
Autumn Begins	Pot Pie Day			Pancake Day
Coffee Day	World Maritime Day			

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