

SarahCare[®] of Belden Village

September 2025

6199 Frank Ave. NW
North Canton, OH 44720
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Our Center Staff

Program Director:

Kari Staron

Activities Coordinator:

Amy Harlan

Nurse:

Amy Osteen

Administrative Assistant:

Mary Evans

Help us keep the kitchen and our drivers running smoothly. If you will be off on a scheduled day, please call us by 8:30. And don't forget to schedule your make-up day!

Welcome to September at SarahCare!

As the summer sunshine fades and the crisp air of autumn rolls in, we're excited to celebrate the beauty and joy that September brings! This month, we'll be embracing all things fall with our **Fall Festival**, where we'll enjoy seasonal fun, laughter, and togetherness. Football season is also kicking off, so get ready to share in the spirit of the game- whether you're cheering for your favorite team or reminiscing about memories spent watching with family and friends.

We'll also take to stroll down memory lane together, sharing stories that connect our past to the present, and of course, we'll fill our days with the music that always lifts our hearts and brings us together. September promises cozy gatherings, festive activities, and joyful moments- and we can't wait to enjoy them with you!

One Pan Cheeseburger Pasta



- ✿ 1 yellow onion, diced
- ✿ 1 Tbsp olive oil
- ✿ 1/2 lb. ground beef
- ✿ 2 Tbsp all-purpose flour
- ✿ 1 8oz. Can tomato sauce
- ✿ 2 cups beef broth
- ✿ 1/2 lb. pasta shells, uncooked
- ✿ 4 oz. Cheddar Cheese, shredded
- ✿ 2 Tbsp hot dog relish (optional)
- ✿ 2 green onions, sliced (optional)

Add onion, olive oil, and ground beef to skillet, sauté over medium heat until the beef is fully browned. Drain off excess fat.

Add flour to skillet, stir and cook 1 minute.

Add tomato sauce and beef broth and stir.

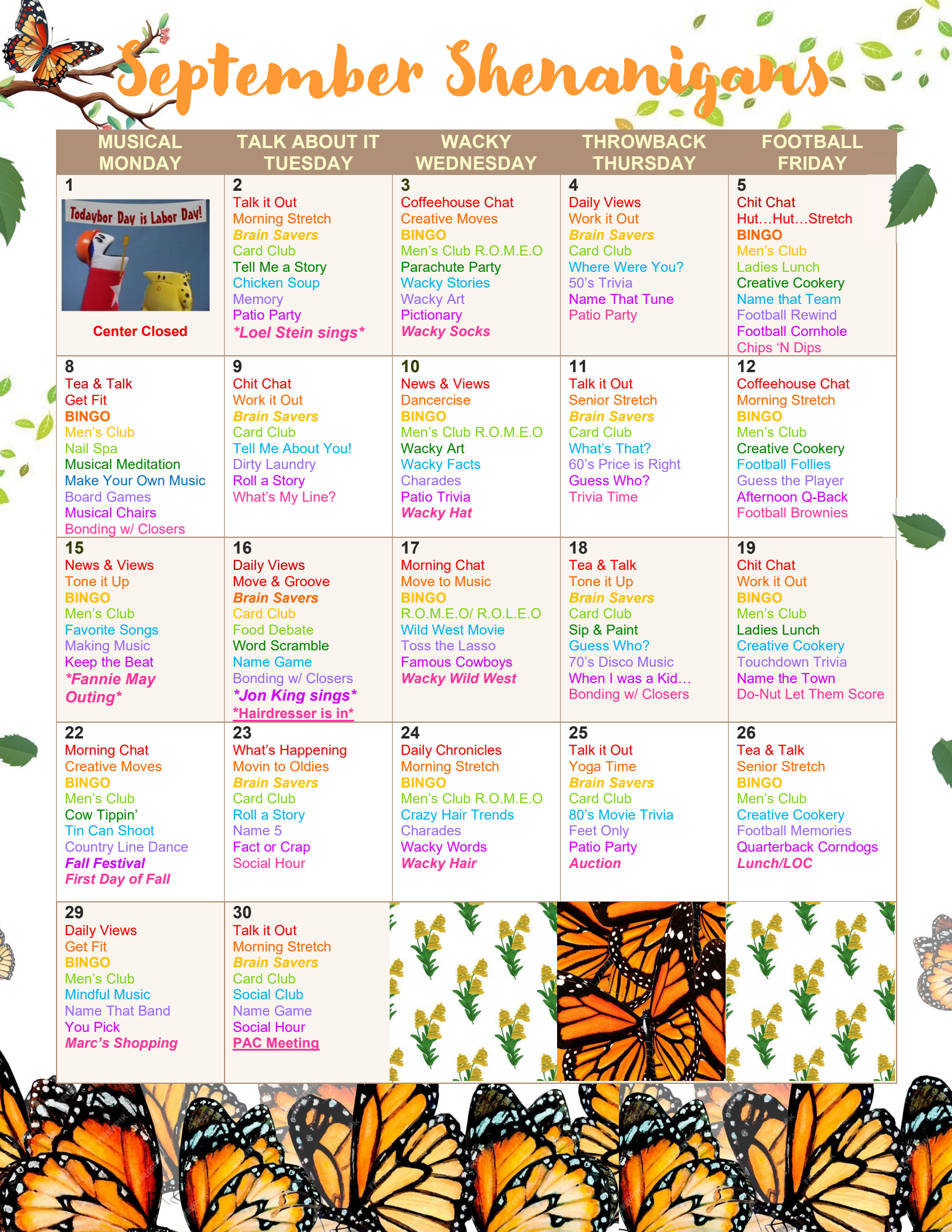
Add uncooked pasta to the skillet, stir to combine.

Cover, turn heat to medium-high, bring to boil. Once boiling, stir then replace lid, reduce heat to low. Simmer, stirring occasionally about 10 minutes, or until pasta is tender and sauce has thickened. Turn off heat.



Add shredded cheddar and stir until melted. Stir in hot dog relish and top with green onions.

ScrumpTious September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Center Closed	2 Sausage & egg muffin BBQ pulled pork, baked beans, coleslaw, melon <i>Yogurt & graham crackers</i>	3 Banana nut muffin Turkey w/ stuffing & mashed potatoes, applesauce <i>String cheese & Chex Mix</i>	4 Oatmeal Whole grain ham salad sandwich, coleslaw, fruit salad <i>Cottage cheese & pineapple chunks</i>	5 English muffin Southwest beef enchillada, cauliflower rice, pineapple <i>Cheese cubes & Goldfish crackers</i>
8 Cinnamon raisin toast Baked chicken w/ cheesy broccoli, apple slices, dinner roll <i>Yogurt & animal crackers</i>	9 Blueberry muffin Cheeseburger w/ tater tots, mandarin oranges <i>Crackers w/ cheese cubes</i>	10 Egg & cheese muffin Sloppy Joe w/ tater tots, applesauce <i>Cottage cheese & diced peaches</i>	11 Pancakes Hamburger stew over mashed potatoes, melon, dinner roll <i>Applesauce & mini pretzels</i>	12 Cheerios Whole wheat grilled cheese, tomato soup, banana <i>Mandarin oranges & Cheez-Its</i>
15 Cinnamon raisin toast Lemon chicken, red skin potatoes, applesauce, pasta <i>Yogurt & animal crackers</i>	16 Blueberry muffin Ham & swiss sandwich, cucumber salad, peaches <i>Crackers w/ cheese cubes</i>	17 Egg & cheese muffin Taco salad w/ black beans & corn, melon, tortilla chips <i>Cottage cheese & diced peaches</i>	18 Pancakes Roast beef w/ gravy & vegetables, banana, dinner roll <i>Applesauce & mini pretzels</i>	19 Cheerios Macaroni & cheese, broccoli salad, apple slices <i>Mandarin oranges & Cheez-Its</i>
22 French toast sticks Broccoli cheese soup, tossed salad, melon, biscuit <i>Applesauce & cornbread</i>	23 Sausage & egg muffin Chicken salad croissant, broccoli salad, sliced peaches <i>Yogurt & graham crackers</i>	24 Banana nut muffin Meatloaf w/ gravy, mashed potatoes, applesauce, biscuit <i>String cheese & Chex Mix</i>	25 Oatmeal Lasagna, roasted green beans, banana, dinner roll <i>Cottage cheese & pineapple chunks</i>	26 English muffin Cream chicken & mixed vegetables over biscuit, apple slices <i>Cheese cubes & Goldfish crackers</i>
29 Cinnamon raisin toast Spaghetti & meatballs w/ marinara, tossed salad, berries <i>Yogurt & animal crackers</i>	30 Blueberry muffin Breakfast bake w/ cheese, hashbrowns, melon, biscuit <i>Crackers w/ cheese cubes</i>			



September Shenanigans

MUSICAL MONDAY	TALK ABOUT IT TUESDAY	WACKY WEDNESDAY	THROWBACK THURSDAY	FOOTBALL FRIDAY
1  Center Closed	2 Talk it Out Morning Stretch Brain Savers Card Club Tell Me a Story Chicken Soup Memory Patio Party <i>*Loel Stein sings*</i>	3 Coffeehouse Chat Creative Moves BINGO Men's Club R.O.M.E.O Parachute Party Wacky Stories Wacky Art Pictionary Wacky Socks	4 Daily Views Work it Out Brain Savers Card Club Where Were You? 50's Trivia Name That Tune Patio Party	5 Chit Chat Hut...Hut...Stretch BINGO Men's Club Ladies Lunch Creative Cookery Name that Team Football Rewind Football Cornhole Chips 'N Dips
8 Tea & Talk Get Fit BINGO Men's Club Nail Spa Musical Meditation Make Your Own Music Board Games Musical Chairs Bonding w/ Closers	9 Chit Chat Work it Out Brain Savers Card Club Tell Me About You! Dirty Laundry Roll a Story What's My Line?	10 News & Views Dancercise BINGO Men's Club R.O.M.E.O Wacky Art Wacky Facts Charades Patio Trivia Wacky Hat	11 Talk it Out Senior Stretch Brain Savers Card Club What's That? 60's Price is Right Guess Who? Trivia Time	12 Coffeehouse Chat Morning Stretch BINGO Men's Club Creative Cookery Football Follies Guess the Player Afternoon Q-Back Football Brownies
15 News & Views Tone it Up BINGO Men's Club Favorite Songs Making Music Keep the Beat <i>*Fannie May Outing*</i>	16 Daily Views Move & Groove Brain Savers Card Club Food Debate Word Scramble Name Game Bonding w/ Closers <i>*Jon King sings*</i> <i>*Hairdresser is in*</i>	17 Morning Chat Move to Music BINGO R.O.M.E.O/ R.O.L.E.O Wild West Movie Toss the Lasso Famous Cowboys Wacky Wild West	18 Tea & Talk Tone it Up Brain Savers Card Club Sip & Paint Guess Who? 70's Disco Music When I was a Kid... Bonding w/ Closers	19 Chit Chat Work it Out BINGO Men's Club Ladies Lunch Creative Cookery Touchdown Trivia Name the Town Do-Nut Let Them Score
22 Morning Chat Creative Moves BINGO Men's Club Cow Tippin' Tin Can Shoot Country Line Dance Fall Festival First Day of Fall	23 What's Happening Movin to Oldies Brain Savers Card Club Roll a Story Name 5 Fact or Crap Social Hour	24 Daily Chronicles Morning Stretch BINGO Men's Club R.O.M.E.O Crazy Hair Trends Charades Wacky Words Wacky Hair	25 Talk it Out Yoga Time Brain Savers Card Club 80's Movie Trivia Feet Only Patio Party Auction	26 Tea & Talk Senior Stretch BINGO Men's Club Creative Cookery Football Memories Quarterback Corndogs Lunch/LOC
29 Daily Views Get Fit BINGO Men's Club Mindful Music Name That Band You Pick Marc's Shopping	30 Talk it Out Morning Stretch Brain Savers Card Club Social Club Name Game Social Hour PAC Meeting			

The Great Monarch Migration



The monarch butterfly is the only butterfly to migrate two ways like birds! Every fall around September butterflies in southern Canada and the northern United States begin their almost 3,000-mile journey to the coast of California and parts of Mexico! The generation that starts this migration have the ability to regulate their age inducing hormones, allowing them to expand their lifetime by roughly eight times to they can complete the trip! This also gives them bigger wings with a darker orange color than those found in spring and summer. While migrating, tens of thousands of monarch butterflies can be found on just a single tree! Pine, fir, and cedar trees are their preferred roosting spots. Particularly oyamel fir trees, as their sturdy trunks can support their collective weight and their canopies regulate temperature and humidity well. The butterflies make their way by following the magnetic pull of the Earth as well as the position of the sun in the sky. Once they arrive at their destination they lay eggs for the next generation. In March, these butterflies will migrate back north, though this time, the journey is completed by two to three generations of monarchs!

Attracting Butterflies to your Home

Also attracts moths at night!

☼ Have nectar plants

- ☼ Nectar is their primary food source and necessary for egg production. Examples include aster, milkweed, and coneflower! Plant flowers that bloom at different times to ensure a year-round food source.

☼ Plant host plants

- ☼ These are the plants where eggs are laid and caterpillars feed. Plant them in multiple spots. Examples are fennel, milkweed, and butterfly weed!

☼ Pick a sunny spot

- ☼ The plants that butterflies prefer need at least 6 hours of sun per day. Planting them in groups will help butterflies spot them with their poor vision!

☼ Place overripe fruit

- ☼ They like to snack on overripe fruit such as bananas and watermelon! Place them on a dish or a suet feeder!



Happy Birthday to You!!

Maryann Z.

9.7



YOUR WORDS MAKE A DIFFERENCE

“Leave us a review and let others know what you love about us!”

