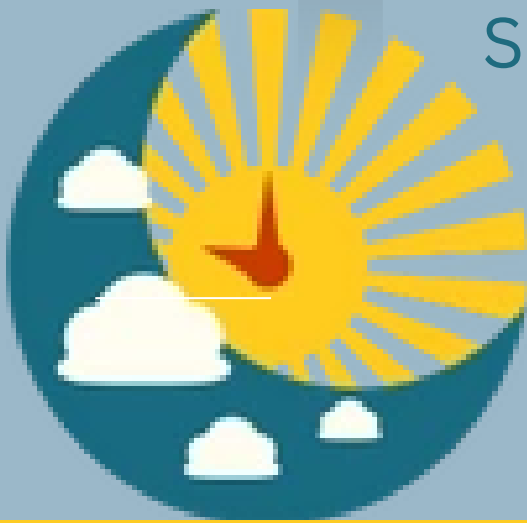




September Dayview Station NEWSLETTER

Welcome to Dayview Station! your community's new Social Sanctuary. We're thrilled to officially open our doors and offer a safe, supportive, and engaging environment for adults over 50. Our mission is to provide high-quality care and enrichment, promoting independence, well-being, and social interaction.

Also, Can we give a major shoutout to our fearless CEO. Your vision, drive, and tireless dedication made this grand opening a reality. You turned a dream into something tangible, and i'm so proud to stand beside you as this new chapter begins. Congratulations on an incredible launch- this is only the beginning!

Healthy Living Tip

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.



Monthly Reflexion

"We don't stop playing because we grow old;
We grow old because we stop Playing"

Upcoming Community Events

Join us for Golden Hour every Friday
9/27 Praise and Plates Brunch and Karaoke
St Mark Missionary Baptist Church
9/18-9/20 The Sharonville Loop Quest

What's Happening?

September is Suicide Prevention Awareness Month—a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives.

