

Family Ties

A publication of VitalCare's Adult Day Center
September 2010

Clients Enjoy Their Own "County Fair"

The Adult Day Center recently created its own "County Fair Week." Throughout the month of August, clients made art projects that would be judged during Fair Week. Projects included flower arranging, sand art, cookie decorating and wood painting.

In addition to crafts, clients enjoyed traditional county fair games. This year, there was a milking contest, a balloon-breaking contest, and a watermelon seed-spitting contest. Everyone agreed that they had the most fun throwing wet sponges at members of the staff!

Clients enjoyed the full county fair experience with elephant ears, cotton candy, onion rings, caramel corn and corn dogs. At the end of the week, Bud Hall and Gerry Ryde were crowned King and Queen of the Fair, and ribbons were awarded to contest winners by judges from the housekeeping staff.

One of the most important benefits of the Adult Day Center is socialization. Clients enjoy their time together and participate in activities with enthusiasm, while staff members provide a safe and caring environment. Sometimes, the simplest activities with friends provide the greatest quality of life. 😊



Carol Conley took first place in the balloon pop contest during 'County Fair Week' at VitalCare Adult Day Center.

You're Invited to Our Open House!

September 21
3 p.m. - 6 p.m.

One MacDonald Drive
Petoskey

**Stop In and Pick Up a
Coupon for 2 Hours of
FREE SERVICES!**

Introductory trial offer limited to new clients.
Subject to availability. Please call 231-348-0771 to schedule.
Coupon valid through 11/30/2010.

Upcoming Events

An average day at the Center consists of different daily activities, exercise, lunch, and snacks. Here are just a few upcoming activities.

- September 9 - Wonderful Weirdo Day
- September 15 - Make a Hat Day
- September 16 - Pet Visits
- September 19 - Kickoff: Adult Day Services Week
- September 23 - Scavenger Hunt
- September 27 - Trip to Bill's Farm Market
- September 30 - Making Apple Pie

One MacDonald Drive
Petoskey, MI 49770

231-348-0771
www.vitalcare.org



Celebrating Adult Day Services Week!

We've had a great summer at VitalCare Adult Day Center, and we're looking forward to fall, pumpkins and trick or treat!

September will prove to be especially active for the Center, as September 19-25 is National Adult Day Services Week! Did you know that a recent study by the Robert Wood Johnson Foundation revealed that there are 3,407 adult day centers in the U.S. but that 8,520 centers are actually needed?

Adult Day Centers are among every community's best-kept secrets, so we want to shout from the rooftops about the benefits of adult day services!

Favorite Recipes

Bud Hall's Favorite Cinnamon Raisin Bread

- ½ C. oil
- 1 ¼ C. brown sugar
- 1 large egg
- 1C. buttermilk
- 1 tbsp. baking soda
- 1tsp. salt
- 2 C. all purpose flour
- 1 C. raisins
- ¾ C. white sugar
- 2 tbsp. ground cinnamon

Preheat oven to 375°. Mix white sugar and cinnamon and set aside. Mix oil, brown sugar, egg and buttermilk. Sift flour, salt and baking soda together and slowly add to egg and buttermilk mixture. Fold in raisins. Pour half of this batter into a greased loaf pan. Sprinkle half the white sugar and cinnamon mix on top and run butter knife through to swirl. Pour remaining batter into pan and sprinkle remaining white sugar and cinnamon mix swirl again with knife. Bake 35-45 minutes or until the bread pulls away from the side of the pan.

On September 21, we invite you to join us for an Open House between 3 p.m. and 6 p.m. You can see the Center firsthand, and we can answer your questions. If you've never experienced the positive environment of our Adult Day Center, we know you will be pleasantly surprised. While you're here, pick up a coupon for two hours of free adult day services. We want to make it easy for you to see that participation in the Center is a win-win proposition for clients and caregivers.

You may also see table tents about adult day services at local restaurants, you may hear about us on the radio, you may see flyers in the community or hear about our services at church. We know that adult day services tremendously improve the lives of clients and their caregivers, providing socialization, support and special services in a supervised environment.

Please share the word of the VitalCare Adult Day Center. If you have experience with the Center, we would love to hear your comments; please email us at info@vitalcare.org. Thanks for allowing us to be a part of your lives. ☺

Laura Daniel, MSN, RN
Director

Quilt Raffle to Benefit Center

The Quilt House in Indian River kindly donated an Americana-themed quilt that will be raffled off to benefit our Adult Day Center. Quilt raffle tickets are \$2 each or 3 for \$5 and are available at the Center or by calling Molly at 888-626-2031, ext. 2114. The winning ticket will be drawn at our Open House on September 21, National Alzheimer's Day.



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VitalCare
ADULT DAY CENTER
Affiliated with
Northern Michigan Regional Health System