

September 2019



Adult Day Services

135 Candler School Road  
Candler, North Carolina 28715  
828-665-1575  
www.daystayasheville.com  
facebook.com/daystayhbc  
daystaymiller@bellsouth.net

*Come for a day ... Stay for a life*



Celebrating 15 years, DayStay Adult Day Services continues to help our aging and impaired neighbors remain active and in their homes.

We make days better by providing socialization, nutrition, adaptive exercise, self-care assistance, and respite for caregivers.

Our services are \$50 per day and we have never turned anyone away based on their ability to pay. In order to keep our services affordable and sustainable, please consider donating a day, a week, or a month of care.

- ☐ One Day = \$50
- ☐ One Week = \$250
- ☐ One Month = \$1,000
- ☐ Other \$ \_\_\_\_\_

Please make checks payable to DayStay HBC, Inc  
135 Candler School Road, Candler, NC 28715  
Donate online [www.daystayasheville.com/give-a-day](http://www.daystayasheville.com/give-a-day)

Give a Day  
DayStay Adult Day Services

Every \$50 donation pays for  
one day of a better life

#### September is...

Healthy Aging Month  
National Biscuit Month  
National Chicken Month  
National Courtesy Month  
National Honey Month  
National Mushroom Month  
National Piano Month  
National Potato Month  
National Prostate Health Month  
National Rice Month  
National Senior Center Month  
National Sewing Month  
National Shake Month  
National Skin Care Awareness Month  
Ovarian Cancer Awareness Month  
World Alzheimer's Month

#### Wish List:

- Crockpot Liners
- Snack Items
- Toilet Paper
- Paper Towels
- Dinner Napkins
- Decaf Coffee/Tea
- Saran/Cling Wrap
- Plastic Spoons

#### Hair Care

Please sign-up by asking a staff member.

Shampoo & set [\$10]  
Women's haircut [\$10]  
Women's shampoo, cut, & set [\$15]  
Perm [\$30]  
Men's haircut [\$8]



#### National Adult Day Services Week September 15-21, 2019

Adult day care centers provide supervised community settings in which partially disabled men and women of all ages can obtain care that may not be available in their own homes. These centers provide opportunities for adults who are socially isolated to find friends and learn skills. Day care centers enable individuals to obtain the care they need without being forced to live in institutions, and they offer needed respite to families whose infirmed relatives live with them.

*-From Proclamation 5107, Ronald Reagan  
September 27, 1983*

**Share the love ...** Tell someone how much you love DayStay Adult Day Services!

**"Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level."**

*- Carey Mulligan*

2 <div> </div>	3 <div> Chair Exercise and Games Labor Day Jingo </div> <div> Chicken Sandwich, Bananas, Veggie Chips </div>	4 <div> Craft Chair Exercise and Games Bingo </div> <div> Turkey/Cheese Sandwich, Soup, Oranges </div>	5 <div> Worship Putt-Putt </div> <div> Ham &amp; Potatoes, Cabbage, Warm Pears </div>	6 <div> Chair Exercise and Games National Coffee Ice Cream Day (Snack) Afternoon Theater </div> <div> Fish Sticks, Peas/Mushroom, Pasta Salad </div>
9 <div> National Teddy Bear Day <b>Bring Your Teddy Bear!!</b> Music with Kristen </div> <div> Salisbury Steak, Cauliflower, Creamed Corn </div>	10 <div> Chair Exercise and Games Penny Ante </div> <div> Pimento Cheese, Vegetable Soup, Chips </div>	11 <div> Patriot Day - <b>Wear Red, White, &amp; Blue</b> Craft Bingo </div> <div> BBQ Pork Sandwich, Slaw, Potato Salad </div>	12 <div> Worship National Chocolate Milkshake Day (Snack) County Fair Day </div> <div> Black-eyed Peas, Cornbread Salad, Spinach </div>	13 <div> National Peanut Day Superstitions Afternoon Theater </div> <div> PB Sandwich, Sweet Potato Tots, Jello </div>
16 <div> National Cinnamon Raisin Bread Day (Snack) Music with Kristen Rock Painting </div> <div> Turkey/Gravy, Stuffing, Green Beans, Roll </div>	17 <div> Pine Cone Apples Apple Dumpling Day (Snack) Heavenly Hands Puppet Team </div> <div> Baked Potato, Ham Salad, Broccoli </div>	18 <div> Craft National Cheeseburger Day Bingo </div> <div> Cheeseburger, Fries, Baked Beans </div>	19 <div> Worship Talk Like A Pirate Day National Butterscotch Pudding Day (Snack) Music with Richard Hurley </div> <div> Pork Fried Rice and Oriental Vegetables </div>	20 <div> Chair Exercise and Games National Pepperoni Pizza Day Afternoon Theater </div> <div> Pepperoni Pizza and Greek Salad </div>
23 <div> Fall Begins!! Chair Exercise and Games Music with Kristen </div> <div> Pinto Beans, Okra/Tomatoes, Cornbread </div>	24 <div> Chair Exercise and Games Football Frenzy </div> <div> Curried Vegetable and Chickpea Stew, Roll </div>	25. <div> Craft Chair Exercise and Games Bingo </div> <div> Chicken Soup, Cheese Toast, Applesauce </div>	26 <div> Worship Johnny Appleseed Day </div> <div> Chili, Cheese Cubes, Crackers </div>	27 <div> Chair Exercise and Games National Chocolate Milk Day (Snack) Afternoon Theater </div> <div> Tuna Salad, Vegetable Salad, Fruit Salad </div>
30 <div> Chair Exercise and Games Music with Kristen Super Trivia </div> <div> Hearty Vegetable Soup and Biscuit </div>	<div> </div>			<div> <ul style="list-style-type: none"> <li>7:30 a.m. Good Morning America</li> <li>9:00 a.m. In the News</li> <li>10:00 a.m. Mental Hour</li> <li>12:00 p.m. Lunch</li> <li>1:00 p.m. Cards or Catnap</li> <li>2:15 p.m. Snack</li> <li>2:30 p.m. Group Activity</li> <li>4:00 p.m. Individual Activities</li> <li>5:30 p.m. Close</li> </ul> </div> <div> <b>Happy Birthday</b>  September 10 Cindy  September 22 Dave </div>