

DAYS PRING NEWS

Aloha!

INSIDE THIS ISSUE

- 1 Aloha!
- 2 Outside Fun!
Recipe Corner
- 3 Independent Living
- 4 End of Summer Party
- 5 DayBreak Memories
- 6 Kathy's Komic Korner
September Birthdays
Leadership Team
Mission Statement

What a fun month we have had! It has been so nice to get outside and enjoy the sunshine. "Popsicles on the Porch" was so much fun, it turned into a spontaneous dance party that got everyone moving and grooving! It has been a musical month. Jeffery, Cathy Julien, Resident Life Coordinator's husband, sang and played guitar. It was wonderful!



One highlight was a water balloon fight we had in the back courtyard! We all ganged up on Lisa Wright, Administrator, and used her as our target! There was a lot of laughter and giggles that could be heard beyond the courtyard. We are ready for whatever adventures the next month brings us.

Our annual picnic was so much fun! It was great to have so many family and friends here visiting and eating. A big "thank you" to Amy Mueller, Food Service Coordinator, and her staff, for the amazing dinner! Harbor Hospice also needs a big "thank you" for providing the ice cream sundaes dessert and They helped serve the ice cream and assisted residents and family members. There were so many hula skirts and leis everywhere, everyone looked great! (To see many more pictures of the party go to the DaySpring Services Facebook page.)

You are invited to go onto Facebook and LIKE our DaySpring Services Facebook page. You can follow us and see our postings. We post pictures regularly. Please click LIKE on the pictures that are meaningful to you and click on Share and share our Facebook posts with your family and friends. We'd love to have others see how much our residents and employees mean to us. Thank you!



Water Balloons, Popsicles & Dancing!



Recipe Corner: Slow Cooker Vegetable Lasagna



- 2 cans (8 oz. each) tomato sauce with basil, garlic, and oregano
- 1 can diced tomatoes with basil, garlic, and oregano, undrained
- 1 container part-skim ricotta cheese
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 dry lasagna noodles, uncooked
- 1 package (8 oz.) fresh sliced mushrooms
- 1 package (6 oz.) baby spinach leaves
- 2 cups shredded part-skim mozzarella cheese, divided

Directions:

1. Spray inside of 4-quart slow cooker with cooking spray. Stir together tomato sauce and undrained tomatoes in medium bowl; set aside. Combine ricotta, salt, and pepper in small bowl; set aside.
2. Spread 3/4 cup tomato mixture over bottom of slow cooker. Layer 3 lasagna noodles over tomato mixture, breaking noodles to fit. Top with 3/4 cup tomato mixture, mushrooms, spinach, ricotta cheese mixture and 1 cup mozzarella cheese. Top with 3/4 cup tomato mixture and 3 remaining lasagna noodles, breaking to fit. Spoon remaining tomato mixture over noodles.
3. Cover, cook on LOW 5 to 6 hours or until noodles are tender. Sprinkle with remaining 1 cup mozzarella cheese. Cover, let stand 5 minutes or until cheese melts.

Life at Our Independent Living Apartments

We created a lot of memories this month in the Independent Apartments. One afternoon we had tea outside on the back patio and several of us tried yellow plums for the first time. They were more sour than we were expecting. We really enjoyed the sunshine this month. We went for a few walks together around the grounds admiring the beautiful landscaping and the roaming wild turkeys!

As always, we had a blast in Cooking Club. We made a beautiful cake! The ladies even decided they could make my wedding cake (with a friends and family discount of course!) We had a ton of laughs watching the Carol Burnett Show. What fun memories that brought back! We discovered anyone can be an artist this month during a craft when we painted wooden frames. They all turned out different and beautiful. We are very excited for another great month together!



Madolyn Hock
Life Enrichment Coordinator



End of Summer Party!



Hawaiian Fun at DayBreak

To begin August, DayBreak wrapped up our Hawaiian theme with a Luau where we played tropical games and tried Hawaiian foods. We had fun dressing up in colorful clothes and Hawaiian shirts for this event!

Our next theme in DayBreak is "jungle". For the months of August and September, DayBreak participants will have the opportunity to learn about different animals and creatures that live in the jungle through trivia, crafts, educational videos, reading, music, games, and more.

This month DayBreak participants will have the opportunity to attend two field trips in the Muskegon community. In mid-August, participants toured the Lakeshore Museum Center. They saw exhibits that included Native Americans, human anatomy, weather, and nature. The participants enjoyed being able to spend time in these interactive exhibits and learn new things about Muskegon's history. At the end of this month, we will be going to the Muskegon Community College Planetarium. We will be watching a film called "Two Small Pieces of Glass", that describes the history of the telescope.

Sydney Wisniewski, Program Coordinator





"Serving Older Adults With God's Love"

572 Lake Forest Lane
Muskegon, MI 49441

Phone: 231-780-2229

Fax: 231-780-9000

Let your family and friends know what's happening at DaySpring by reading the newsletter on our website and visit the DaySpring Services Facebook Page !

www.dayspringserves.com

September Birthdays

Agape Home at Blueberry Fields:

Richard Stickney - 14th
Nada Zufelt - 20th

DaySpring Independent Living Apartments:

Alex Hoeker - 11th

DaySpring Assisted Living:

Gene Cedron - 7th
Nancy Barnard - 8th
Mickey Cannon - 26th

DaySpring Services Employees:

Madolyn Hock - 2nd
Katrinka Ebeling - 3rd
Shelley Rose - 13th
Jeffery Dandron - 15th
Rick Ebeling - 26th
Delicia Nash - 29th

Just For Laughs!

- A balanced diet is a cookie in each hand.
- He who laughs last didn't get the joke.
- If you look like your passport photo, you probably need the trip.
- Wisdom comes with age, which explains the lack of elderly bungee jumpers.
- My idea of housework is to sweep the room with a glance.
- I must be following my diet too closely. I keep gaining on it.

KATHY'S OMIC CORNER



Provided by
DaySpring
Resident
Kathy Hale

DaySpring Services Leadership Team

DaySpring Assisted Living Residence

Rick Ebeling, President
Nathaniel Ebeling, Director of Operations
Cathy Julien, LPN, Resident Life Coordinator
Lisa Wright, Administrator
Debbie Curtis, Administrative Assistant
Pam Waybill, Financial Services
Lisa Lucky, Marketing/Business Development Director
Jeff Sawin, Facilities Coordinator
Madolyn Hock, Life Enrichment Coordinator
Amy Mueller, Food Services Coordinator
Carly Wing, Human Resource Coordinator

DaySpring Independent Living Apartments

Madolyn Hock, Life Enrichment Coordinator

DaySpring In-Home Care/Life-Enrichment Services

Marlene Blanchette, In-Home Care & Life Enrichment

DayBreak Adult Day Services

Sydney Wisniewski, Program Coordinator- Norton Shores
Laura Hardy, Interim Program Coordinator- Northside

Agape Home and Agape Home at Blueberry Fields Assisted Living Residences

Anne Rorem, Resident Life Coordinator
Yolandas Stegall, Resident Life Coordinator Assistant

OUR MISSION STATEMENT

We exist to enrich the lives of older adults by partnering with them to maintain their independence and dignity.

Our mission is to minister to the physical, emotional, and spiritual needs of our frail and memory impaired residents.

We are dedicated to nurturing human spirits through "quality of the moment" programming based on the elements of life itself; socialization with friends, joy in accomplishments, and the opportunity to share God's tender mercy.

We also enhance the lives of family members by assisting them to find peace of mind through loving support and education.