

July 2010

The Center For Active Generations



Day Break Adult Day Services

Reminder
Day Break will be closed on July 5th

— Happy Independence Day!

Caregiver Connections

The next Caregiver Connections luncheon will be held on Tuesday, August 3rd from 11:30-12:30. Look for your reminder postcard in the mail later this month. *Self-Care for Caregivers* will be the topic.

Thank You!

To everyone who participated in this year's Caregiver Survey. Your opinions and ideas are so important to us. The results from this survey help us with program planning and development.

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: **Severe Weather Procedures** :
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Summer is here in full swing. Along with the warm days comes occasional bad weather. I wanted to update you on what the Day Break procedures are for tornadoes and thunderstorms. If the NWS issues a tornado watch for the Sioux Falls area, staff will set up chairs and the emergency box in the hallway leading to the CFAG. If the watch turns into a warning, staff will escort the participants over to the hallway along with the weather radio where they will remain until the warning expires. In the event of a severe thunderstorm warning, the staff will again set up chairs in the hallway and escort the participants to the hallway until the warning expires.

Saturday Service at Day Break

Day Break continues to be open 2 Saturdays per month. This month we will be open from 9-4 on the 10th & 24th. Call today to reserve your spot. Those who wish to participate in the Saturday service need to inform the Day Break staff by the previous Wednesday. Thank you.

Did you know?



Day Break offers a monthly swimming pool exercise program. We've partnered with the Dow Rummel Village for this exercise class. Transportation is provided by Dow Rummel and the class is led by their Wellness Staff. All classes have a Day Break staff escort. We leave Day Break at 9:45 and return by 11:45. Please contact Deb for further informa-

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Homemade Bread
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Day Break is making delicious homemade bread for the summer fundraising campaign "**Take Five and Grow It.**"
** Call today to place your order, 336-6751.
Your support means so much to us!

