



MEDICAL DAY MONTHLY NEWSLETTER



 SPINA BIFIDA AWARENESS MONTH 

This month raises awareness about Spina Bifida, a birth defect that occurs during fetal development, causing the spinal cord to not form properly. There is no cure for Spina Bifida, but there are treatments that help manage it. Spina Bifida awareness is represented by a yellow ribbon.

October 1st: INTERNATIONAL MUSIC DAY

October 5th: NATIONAL BE NICE DAY

October 6th: WORLD CEREBRAL PALSY DAY

October 7th: WORLD COTTON CANDY DAY

October 10th: WORLD MENTAL HEALTH DAY

October 11th: NATIONAL SPREAD JOY DAY

October 12th: YOM KIPPUR

October 12th: DAY OF RESPECT FOR CULTURAL DIVERSITY

October 13th: BREAST CANCER AWARENESS DAY

October 14th: INDIGENOUS PEOPLES' DAY

October 31st: HALLOWEEN

*****REMINDER:** THE LEAGUE BECOMES A SMOKE FREE CAMPUS **OCTOBER 1ST, 2024.**
NO SMOKING OF ANY KIND IS PERMITTED ON LEAGUE PROPERTY. THANKS***

OCTOBER 2024

ANNOUNCEMENTS!!!

VACCINATION CLINIC

The League is partnering with the Baltimore City Health Department to provide a vaccination clinic that will be held here at The League on Friday, October 11th 10am – 2pm. Vaccinations to be provided include updated COVID and flu vaccines, as well as older adult vaccinations such as shingles, pneumonia, RSV and Tdap. Vaccinations will be available to participants, care providers, and community members. Registration will open closer to the date of the clinic, but if you want to go ahead and get on the list, please contact a member of the Medical Day management team and specify which vaccine(s) you would like to receive.

*To ensure the well-being of all participants and staff, it is important that participants STAY HOME if exhibiting any cold, flu or COVID symptoms. Any participant that comes to The League with any signs or symptoms of illness will IMMEDIATELY be sent home. We remain vigilant in trying to maintain a healthy and safe environment and appreciate your cooperation. If you have questions about this directive, please reach out to a member of the management team.

*Please reach out to a member of the Medical Day management team when there is a change to your health care provider or contact information. It is important that we keep our records up to date. We thank you in advance for your assistance.

MEDICAL DAY WEEK

PAJAMA DAY!!! PANCAKE BREAKFAST!!! MOVIES!!!



WACKY TACKY TRY IT TUESDAY!!! MIXOLOGIST CONTEST!!! WEIRD FOOD TASTING!!! GOOD OR BAD???



CARNIVAL DAY!!! GAMES!!! PRIZES!!! CLOWN!!! BALLOON ANIMALS!!! FACE PAINTING!!!



DECADES DAY!!!



MED DAY GOT TALENT!!! RAFFLES!!!



SPOTLIGHT



Andre C.

I like writing and reciting poetry.

Recently, I've been engaging more into art projects.

I love various types of music, now including country music.

My favorite dessert is sweet potato pie.



Maria L.

My favorite food is veggie lasagna.

I love Bob Marley's music.

I like doing various types of creative artwork.

I have a dream of going to outer space.

HAPPY BIRTHDAY!

DARRELL J.	10/3
HORACE B.	10/4
SEDRICK P.	10/6
RENA M.	10/7
WILLI C.	10/7
WAYNE B.	10/10

CHARNIRA.	10/15
MARIA L.	10/23
RALPH J.	10/23
ANGELO M.	10/27
ANGELA G.	10/29

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CONTACTS

410-323-0500

RENEE DASH ___x304

VP, Medical Programs/ Chief Nursing Officer

CAROLINE MWANGI ___x327

Director, Health Services

JACQUELINE BOOKER ___x329

Manager, Health Service

DANIELLE AMES ___x313

Clinical Lead

RENEE RATH ___x365

Case Manager

CAROLYN FINNEY ___x391

Social Worker

DESMOND GAYLE ___x323

Manager, Therapeutic Recreation

THERAFIT ___x393

Rehab Health Services

MERCY O. FADOJU ___443-904-5129

Nurse Practitioner

EMERGENCY WEATHER HOTLINE__ x305

MED DAY ZOOM

LOGIN INSTRUCTIONS

MEDICAL DAY ACTIVITIES TIMES:

10:00AM AND 12:30PM

1. Download ZOOM app from App Store/ Website if you don't already have it.
2. GOTO www.leagueforpeople.org
3. Scroll down and Click LEAGUE UNIVERSITY
4. Enter PASSWORD: 1111
5. Click AM/PM Session
6. Click on POP UP Box to confirm

CLUB1111

To register please visit www.club1111.org. Limited to 300 people. Club 1111 dates listed below.

JANUARY 13	JULY 13
FEBRUARY 10	AUGUST 10
MARCH 9	SEPTEMBER 14
APRIL 13	OCTOBER 12
MAY 11	NOVEMBER 9
JUNE 8	DECEMBER 14

october word search

F F H B S L K C X D Y R Y Z P U M P K I N T G M
G A D X K P U C A M Z R R K X N I J A E D D T L
O I L Q E C O T U T K Z W F M B I O G R E X N D
B D G L L L K O K P J C A E O O V C W R I R X D
L D F C E E J H K C L H G O F S O G Y T R T R Y
I M B O T C W Z G Y B T E D M A E R C S S D J V
N H G S O M W C O Q A C V X W S J Z B O P E S L
C C C T N I A R W M A Q M L H U Q D H G D K L M
O A V U Q W W S W F B L I T Q A K G N X V C R Z
T C D M O L O M K L X I U T F A R C H C T I W Y
L R E E E R I P M A V K E O D B W U X O L W J K
M X E S M H C T I W Q M E S Y D J B T U Z S I G
P L R A N U F N I E T S N E K N A R F O G U F L
T R I C K O R T R E A T J R L W A M C S R P A A
W T E T I R I T B Y H J J T C J N O L F A E P N
U Y D C B R F T K M K G L Z H E F C G R V R P T
Z E T W E R E W O L V E S R W F Q V S H E N L E
K A K I A T A F L P Q V I S I X V F U J Y A E R
B C O B W E B S A P Y H E N U F Y W L Y A T C N
P R I D C D B O J Y L N E Q H A U N T W R U I R
F A H F H O C U S P O C U S U A J M P B D R D N
L M X Q T L W S L B E V G I R N B E L O A A E C
N R O C Y D N A C S R R C O C T O B E R J L R U
E J L L E P S Y J M O N S T E R S F R I G H T G

trick or treat
witch craft
cobwebs
potions
fright
bones
spell
ogre

frankenstein
candy corn
costume
pumpkin
goblin
broom
witch
bat

supernatural
werewolves
lantern
vampire
scream
eerie
fall
boo

apple cider
graveyard
monster
zombies
spooky
ghost
jinx
hex

hocus pocus
skeleton
october
coffin
wicked
haunt
mask



MEDICAL DAY—OCTOBER 2024 (Schedule is subject to change) (REVISED)

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center;">INTERNATIONAL MUSIC DAY</p>	<p>2</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread(GR) In Person: Activity Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>3</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR) In Person: Academics/ Personal Assist (A&C) 11:00 - LUNCH(DR) 12:30-In Person: Wellness Class(MPR) In Person: Trivia(GR) 1:30 - SNACK(DR)</p>	<p>4</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art Class(MPR) Trip: DOLLAR TREE 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p>
<p>7</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: Art Class (MPR) 1:30 - SNACK(DR)</p>	<p>8</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR) 1:30 - SNACK(DR)</p>	<p>9</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Mentally Speaking w/Dr. Mason(GR) In Person: Game Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>10</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR-C) In Person: In Person: Cooking Class(MPR-K) 11:00 - LUNCH(DR) 12:30-In Person: Wellness Class(MPR-C) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p> <p style="text-align: center;">WORLD MENTAL HEALTH AWARENESS</p>	<p>11</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art Class(MPR) Trip: IHOP 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center;">NATIONAL SPREAD THE JOY DAY</p>
<p>14</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: Art Class (MPR) 1:30 - SNACK(DR)</p> <p style="text-align: center;">INDIGENOUS PEOPLES' DAY</p>	<p>15</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) In Person: Veteran's Social (MPR-K) 1:30 - SNACK(DR)</p>	<p>16</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Karaoke(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>17</p> <p>9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation(GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(MPR) In Person: Academics/ Personal Assist(A&C) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(MPR) In Person: The Huddle: Men's Group(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>18</p> <p>9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: FreeChoice Friday(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR)</p>

MEDICAL DAY—OCTOBER 2024

(Schedule is subject to change) (REVISED)

Mon	Tue	Wed	Thu	Fri
<p>21 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: BINGO(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Advocacy Meeting(GR) In Person/Virtual: In Person: Art Class (MPR) 1:30 - SNACK(DR)</p>	<p>22 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: Sewing Class(MPR) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) 1:30 - SNACK(DR)</p>	<p>23 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread(GR) In Person: Activity Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>24 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(GR-R) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(GR-R) In Person: Sis Can We Talk(GR) 1:30 - SNACK(DR)</p>	<p>25 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Art (GR-R) Trip: SAVER'S THRIFT 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: FreeChoice Friday(GR) In Person: BINGO(GR-R) 1:30 - SNACK(DR)</p>
<p>28 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Film Appreciation(GR) In Person: BINGO(GR-R) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Games Group(GR) In Person/Virtual: In Person: Art Class(GR-R) 1:30 - SNACK(DR)</p>	<p>29 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Daily Bread (GR) In Person: Sewing Class(GR-R) In Person: Gym Time w/Judy(GYM) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(GR-R) 1:30 - SNACK(DR)</p>	<p>30 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me UpGR) In Person: Race Mania(GR-R) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Mind, Body, & Soul(GR) In Person: Nail Shop/Activity Stations(GR-R) In Person: Sign Language(DR) 1:30 - SNACK(DR)</p>	<p>31 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Aerobics(GYM) In Person: Art Class: Painting(GR-R) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness Class(GR-R) In Person: Trivia(GR) 1:30 - SNACK(DR)</p> <p style="text-align: center;">HALLOWEEN</p>	<p>HALLOWEEN</p>