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 Bifada, but there are treatments that help manage it. Spina Bifida awareness is represented by a yellow ribbon.

October 1st: YOM KIPPUR(Beigns at sundown)

October 6th: WORLD CEREBRAL PALSY DAY

October 10th: WORLD MENTAL HEALTH DAY

October 12th: DAY OF RESPECT FOR CULTURAL DIVERSITY

October 13th: BREAST CANCER AWARENESS DAY

October 13th INDIGENOUS PEOPLE'S DAY

October 29th: WORLD STROKE DAY

October 31st: HALLOWEEN

OCTOBER 2025

ANNOUNCEMENTS!!!

***Reminding participants and caregivers that a participant must be in program for at least 4 hours a day. If a participant must be picked up early or arriving late and will not be in program for at least 4 hours, we are asking that they stay home that day.**

***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.**

!!!REMINDER!!!

***The League became a smoke free campus on October 1, 2024. NO SMOKING of any kind is permitted on League property. The League has smoking cessation products to help curb cravings in the form of Nicotine lozenges, gum, etc. while participants are present on our campus. For those who may have difficulty with adhering the policy, we recommend leaving all smoking products at home.**

***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.**

FUN TIMES AT THE LEAGUE













PAJAMA DAY, MAGIC MOMENTS DAY, WESTERN DAY, SPORTS/GAMES DAY, WACKY TACKY DAY

SPECIAL THANKS TO MAGICIAN ANTHONY WARE FOR GIVING OUR PARTICIPANTS AN AMAZING AND HILARIOUS PERFORMANCE. WE WOULD ALSO LIKE TO THANK EVERYONE THAT ASSISTED IN MAKING MEDICAL DAY WEEK 2025 A HUGE SUCCESS!

SPOTLIGHT

Let's congratulate Christina D., our August Participation Superstar Award Winner!

Christina always participates in various activities throughout the day. You can always catch her jamming to some good music, and participating in various theme days.

AUGUST 2025 PERFECT ATTENDANCE AWARD WINNERS!

Lorenzo A.
Antonio. B.
Erica Con.
Rosemarie D.
Marquiscia F. "Key-C"
Lynnea H.
Linda S.
Nicole. H.
Bridget J.
M. Mckoy
Michael P.
Martin W.
David Y.
Khalid A. "Karl"
James B.
Willie C.
David D.
Larry M.
Robert R.
Lee S.
Tracey T.

HAPPY BIRTHDAY!

Darrel J.	10/3
Sedrick P.	10/6
Willie C.	10/7
Rena M.	10/7
Wayne B.	10/10
Charnira B.	10/15
Joseph N.	10/22
Ralph J..	10/23
Angelo M.	10/27
Angela G.	10/29

IMPORTANT NEWS!

HOLIDAY SCHEDULE - 2025

THE LEAGUE OFFICES AND FACILITY WILL BE CLOSED ON THE FOLLOWING DAYS:

DECEMBER 24th & 25th 2024 - Christmas
DECEMBER 25th*

JANUARY 1ST 2025 * - NEW YEAR'S DAY

JANUARY 20TH * 2025 - MARTIN LUTHER KING, JR DAY

MAY 26TH* 2025 - MEMORIAL DAY
/
JULY 4TH * 2025 - INDEPENDENCE DAY

SEPTEMBER 1st * 2025 - LABOR DAY

NOVEMBER 27th* & 28TH 2025 - THANKSGIVING

DECEMBER 25TH & 26th 2025 - CHRISTMAS
DECEMBER 25TH *

JANUARY 1ST * 2026

CONTACTS
410-323-0500

CAROLINE MWANGI ____ x327

Director, Medical Day

JACQUELINE BOOKER ____ x329

Administrator, Medical Day

ESTHER WALE MEBUDE ____ 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

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

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

FALL WORDSEARCH

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

WORD LIST

AUTUMN
BONFIRE
CHILLY
CORN
COZY
GOLDEN
HARVEST
HAYRIDE
LEAVES
OCTOBER
ORANGE
ORCHARD
PIE
PUMPKIN
QUILT
RED
SCARF
SMORES
SOUP
SWEATER


hello
Fall

MEDICAL DAY—OCTOBER 2025 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
Why do skeletons always get lonely?		1 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Mind, Body, & Soul(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) 1:30 - SNACK(DR) YOM KIPPUR (Begins @ sundown)	2 ***NO MPR-K (AM) / NO GR-R** 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Art(MPR-C) In Person: Aerobics(GYM) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness(MPR) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)	3 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Activity Stations(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice(GR) In Person: BINGO(MPR) In Person: **Yoga in the Garden**(CY-G) 1:30 - SNACK(DR)
6 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person: Manic Monday (GR) In Person: BINGOMPR) 11:00 - LUNCH(DR) 12:30 - In Person: Manic Monday(GR) In Person/Virtual: In Person: Art (MPR) 1:30 - SNACK(DR) WORLD CEREBRAL PALSY DAY	7 9:00 - BREAKFAST(DR) 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Gym Time w/Judy(GYM) In Person: **Sports Talk**(MPR-C) In Person: Painting(MPR-K) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) In Person/Virtual: Sewing(MPR-K) 1:30 - SNACK(DR)	8 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - 10:00 - Mentally Speaking w/ Dr. Mason(GR) In Person: Mind, Body, & Soul(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) 1:30 - SNACK(DR)	9 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation In Person: Art(MPR-C) In Person: Aerobics(GYM) In Person: Cooking (MPR-K) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness(MPR) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)	10 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: In Person: Game Stations (MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice(GR) In Person: BINGO(MPR) 1:30 - SNACK(DR) WORLD MENTAL HEALTH DAY
13 ***NO MPR-K (PM)** 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person: Manic Monday (GR) In Person: **Art w/SECU Volunteers** (MPR) 11:00 - LUNCH(DR) 12:30 - In Person: Manic Monday(GR) In Person/Virtual: In Person: BINGO (MPR-C) 1:30 - SNACK(DR) BREAST CANCER AWARENESS DAY	14 9:00 - BREAKFAST(DR) 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Gym Time w/Judy(GYM) In Person: **Sports Talk**(MPR-C) In Person: Painting(GR-R) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) In Person/Virtual: Sewing(MPR-K) In Person: In Person: **You Can Talk To Anyone About Anything(GR-R)** 1:30 - SNACK(DR)	15 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Mind, Body, & Soul(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) 1:30 - SNACK(DR)	16 ***NO GR-R(PM)** 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Art(MPR-K) In Person: Aerobics(MPR-C) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness(MPR) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)	17 ***NO GR-R** 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Karaoke(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) In Person: **Yoga in the Garden**(CY-G) 1:30 - SNACK(DR

MEDICAL DAY—OCTOBER 2025 (Schedule subject to change)

Mon	Tue	Wed	Thu	Fri
20 ***NO MPR-K (PM)** 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person: Manic Monday (GR) In Person: BINGO MPR) 11:00 - LUNCH(DR) 12:30 - In Person: Manic Monday(GR) In Person/Virtual: In Person: Art Class (MPR-C) 1:30 - SNACK(DR)	21 9:00 - BREAKFAST(DR) 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Gym Time w/Judy(GYM) In Person: **Sports Talk**(MPR-C) In Person: Painting(GR-R) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) In Person/Virtual: Sewing(MPR-K) In Person: In Person: **Veteran's Social** (GR-R) 1:30 - SNACK(DR)	22 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: **Activity Stations w/ Heritage Volunteers(**MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) 1:30 - SNACK(DR)	23 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Art(MPR-C) In Person: Cooking Class(MPR-K) In Person: Aerobics(GYM) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness(MPR) IIn Person: The Huddle: Men's Group(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)	24 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: Karaoke(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: BINGO(MPR) In Person: **Yoga in the Garden**(CY-G) 1:30 - SNACK(DR
27 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person: Manic Monday (GR) In Person: BINGO(MPR) 11:00 - LUNCH(DR) 12:30 - In Person: Manic Monday(GR) In Person/Virtual: In Person: Art Class (MPR)	28 9:00 - BREAKFAST(DR) 9:45 - Announcements 10:00-In Person/Virtual: Daily Bread(GR) In Person: Gym Time w/Judy(GYM) In Person: **Sports Talk**(MPR-C) In Person: Painting(MPR-K) 11:00 - LUNCH(DR) 12:30 - In Person: Trivia(GR) In Person/Virtual: Aerobics(MPR-C) In Person/Virtual: Sewing(MPR-K) 1:30 - SNACK(DR)	29 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: Midweek Pick Me Up(GR) In Person: Mind, Body, & Soul(MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Wildcard Wednesday(GR) In Person: Race Mania(MPR) 1:30 - SNACK(DR) **WORLD STROKE DAY**	30 9:00 - BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00-In Person/Virtual: Music Appreciation (GR) In Person: Art(MPR-K) In Person: Aerobics(MPR-C) 11:00 - LUNCH(DR) 12:30-In Person/Virtual: Wellness(MPR) In Person: Trivia(GR) In Person: Sign Language(DR) 1:30 - SNACK(DR)	31 ***NO GR-R(PM)** 9:00- BREAKFAST(DR) Welcome Activities/Free Choice 9:45 - Announcements 10:00 - In Person/Virtual: TV/Movie(GR) In Person: **HALLOWEEN CELEBRATION** (MPR) 11:00 - LUNCH(DR) 12:30 - In Person/Virtual: Free Choice Friday(GR) In Person: **HALLOWEEN CELEBRATION** (MPR) 1:30 - SNACK(DR **HALLOWEEN**

MPR-C: Multipurpose Room Courtyard Side
MPR-K: Multipurpose Room Kitchen Side
GR: Gray Room Orioles Side
GR-R: Gray Room Ravens Side
CY: Front Courtyard
CY-G: Courtyard (Rear)-Garden Side
DR: Dining Room
A&C: Arts & Crafts Room
*** ROOM NOT AVAILABLE**