SELF-DIRECT, INC. · SOCIAL ADULT DAY PROGRAM

Newsletter

News, milestones and good company from 80 Smokey Hollow Road

NOVEMBER 2026

Volume 1 · Issue 1

A Note From Our Director

November has a way of slowing a room down, in the best sense. The light goes early, something is almost always baking, and people start telling the stories they only tell this time of year.

Two dates for the refrigerator. Our Open House is Wednesday, November 11, from 9:30 to 11:30 a.m. — coffee, donuts, tours and plenty of friendly faces. If you know someone wondering whether a day program is right for their loved one, this is the easiest, no-pressure way for them to see what we are about.

Two socials this month. Friday, November 13 is World Kindness Day, and we are marking it the way this group does best — with a party. Then our Thanksgiving Social lands Wednesday, November 25: feathering the turkey, the turkey baster race, pass the pumpkin, a full Thanksgiving luncheon, and Toni's turkey trivia to finish. We are closed Thursday, November 26 for Thanksgiving Day, and back Friday morning at 8:00.

November is also National Family Caregivers Month, which feels about right. If you are the one keeping track of the appointments, the refills and the hard days, this month is for you — there is a note inside with a few things worth knowing.

As always, my door is open and the coffee is on.

— Leukeshia "Keshia" Hogarth, Program Director

SAVE THE DATE

Fall Open House

Wednesday, November 11
9:30 – 11:30 a.m.

Coffee & donuts provided — bring a friend who's curious about us!

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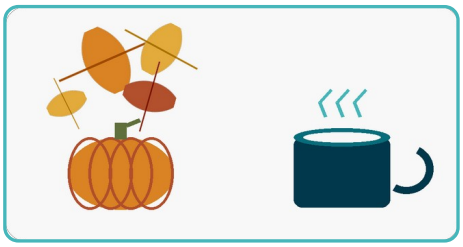
FIND US

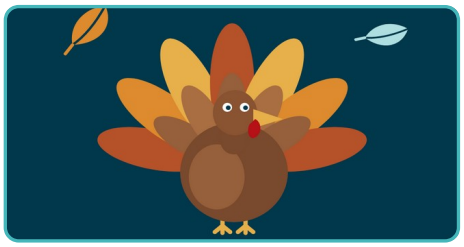
80 Smokey Hollow Road
Baldwinsville, NY 13027
315-362-1651 · 877-540-1977
selfdirectinc.com
Monday–Friday, 8:00–5:00

Coming Up This Month



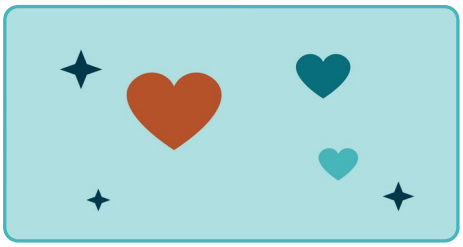
OPEN HOUSE — Nov 11

Coffee, donuts, and a tour — bring someone who's been wondering about us.



THANKSGIVING SOCIAL

Turkey baster races, pass-the-pumpkin and a full Thanksgiving luncheon on the 25th.



WORLD KINDNESS DAY

We're marking it with a social on Friday, November 13.

Got a story we should tell, or a photo we should print? Send it to Keshia at lhogarth@selfdirectinc.com.

Member Spotlights

Three of the people who make this room what it is. Want to be featured next? Just ask — we love getting to know you better.



MEET GARE-BEAR

Born in Syracuse and proud to be one of the youngest faces in the room, Gare-Bear loves pizza, Starbucks coffee, football and skateboarding, and never turns down a round of trivia, riddles or jokes. His cat Lucky runs the house. Favorite quote: "Carpe diem — seize the day."



MEET TIFFANY

Tiff

Tiffany was born at St. Joe's in Syracuse and is happiest helping others, walking in the sunshine, or learning something new about history. Her cat Hazel Jean Green has the fanciest name in the building. House hunting on TV and darts in person — that's Tiffany's idea of a good day.



MEET JOE

Joe

Joe grew up on a farm in Canastota with five siblings and still loves oldies music, basketball, football and a round of golf ("I'm not very good at it," he'll tell you with a grin). Steak, peanuts, and Golden Girls reruns round out his favorites. He never misses a chance to make a new friend.

MILESTONES

Happy birthday this month to Michele (November 5) and Gare-Bear (November 17) — there will be cake.

Congratulations again to Dominique and Gare-Bear on their engagement, to Toni Tarbell on 10 years with Self-Direct and her new role as Activity Coordinator, and to Michele Johnson on 8 years as our Star staff — thank you all.

IN THEIR WORDS

"Suck it up, buttercup. Roll with the punches."

— Tiffany, one of her favorite sayings around here

Staff Spotlight



Toni Tarbell, Activity Coordinator

Celebrating 10 Years with Self-Direct, Inc.!

Toni joined our team in January 2016 as a Personal Care Aide, and this fall she steps into a brand-new chapter as our Activity Coordinator. Her years in direct care taught her to notice the little things — a non-verbal cue, what builds trust, what helps someone feel safe — and that shows in every activity she plans. Her favorite part of the job? “Seeing the effect of our programs on the individuals we serve, and them forming friendships.” Fun fact: she’s a true jack-of-all-trades, from sewing to dog training to raising chickens (and a family!).

THANKSGIVING SOCIAL SNEAK PEEK

Toni has the Thanksgiving Social set for Wednesday, November 25 — feathering the turkey, the turkey baster race, pass the pumpkin, a Thanksgiving luncheon at noon, dancing and singing, and All Things Turkey trivia to close it out. In her own words: “Having a fun-filled day with smiles, laughter, and lots of memories made.” Watch the front desk for details.

November Wellness Corner

Two things worth knowing as the seasons change.

NATIONAL FAMILY CAREGIVERS MONTH

If you are the one keeping track of the appointments, the refills and the hard days, November is your month. Ask us about respite care, about our home care side, and about caregiver support groups nearby — and take one afternoon off this month. You have earned it.

FLU & COLD SEASON

Cold and flu season is here in earnest: ask your doctor about this year's shot, wash hands often, bundle up for dark and chilly mornings, and please keep your loved one home if they are feeling under the weather.

YOU’RE INVITED!

Fall Open House

Wednesday, November 11 · 9:30 – 11:30 a.m.

Come see what a day here looks like, meet Keshia, Toni, Michele and the rest of our team, and bring a friend who has been curious about us. No RSVP needed — just stop by!



Looking Back: Hallow's Eve Social

A few favorite moments from our Hallow's Eve Social — thank you to everyone who came in costume.



Costumes everywhere you looked — and these two won the afternoon.



Spider rings were the accessory of the day. [Add name] wore the whole set.



Horns, boots and a Steelers cap. That is Halloween at the day program.

Thank you to everyone who dressed up, judged, tossed an eyeball or cheered from the sidelines — the Hallow's Eve Social was one for the books. More photos are up on our Facebook page.

Thank You, Neighbors

Three organizations that make our corner of Baldwinsville better — and make our days here easier.

- **Baldwinsville Meals on Wheels —** to the volunteers who cook, package and deliver meals without ever asking for a penny: you keep a smile on your face and walk with grace through snow, wind, rain and hail. You are appreciated more than you know, and you show you care through action, not just words.
- **Helping Hounds Dog Rescue —** thank you for taking in dogs from across the country and fostering them, for a night or for as long as it takes, until they find a loving home. We look forward to your visits here every other month.
- **Onondaga County Office for the Aging —** thank you for building bridges in our community one brick at a time, and to Project Director Jessica Brown for the animatronic companion pets she brought by. They are already bringing real comfort to the people who received them.