

Mission Statement

The Neighborhood House Adult Day Health Care Center seeks to assist individuals achieve maximum functional independence while providing supportive services to caregivers



**Neighborhood House Association
Adult Day Health Care Center
THE ROUNDUP**



MARCH

2012

851 South 35th Street, San Diego, CA 92113 (619) 233-6691

**MANAGED CARE PROGRAM
ENROLLMENT REQUIRED**



Participants who use Medi-Cal for ADHC services will be required to make a Managed Care Program choice (if they haven't already) in order to be able to transition to the Community Based Adult Services Program (CBAS).

Five managed care choices are available.

They are Care 1st, Health Net of California , Community Health Group, Kaiser Permanente and Molina Healthcare. Do not confuse the selection with Medicare Healthcare programs. Talk to your doctor to see which plan he/she participates in.



**Adult Day Services
Available at Two
Levels**



Neighborhood House Association is pleased to now offer two levels of licensed adult day services. It retains it's adult day health care services license. In addition, it is authorized to provide adult day services.

Both programs provide professional and caring services for adults in a community-based setting. The Neighborhood House ADHC marks it's 30th year of operation in 2012.

Look us up on our website: www.neighborhoodhouse.org

www.neighborhoodhouse.org



**Good to be Green
PLANTER BEDS PAINTED**

Sporting a new coat of paint is our outdoor planter boxes. Home Health student interns from City College took brush in hand to transform the boxes from blue to green.



Under the guidance of Occupational therapy staff, participants will be invited to plant & tend either flowers or vegetables. Donations of seedlings or garden supplies is appreciated.



Activities In Review

By Ana Parramore, BSW



Celebrating Love & Friendship

Valentine's day is often associated with romantic couples but is also a time for people to wish "Happy Valentine's Day" to anyone they love be it father, mother, sibling, friends or co-workers. We shared the LOVE during a special Valentine's Day edition BINGO. Participants enjoyed prizes, cookies and "Love Potion"!



The Lady In Red, Feliza Pasetes.



Sam Buggs, Nadine Harris and Donna Richardson put their hearts into BINGO!



Good friends, Peony Wong & Veva Holguin enjoy each other's company.

Green, Purple & Gold



Mardi Gras is French for Fat Tuesday because all butter and fats had to be used up by Shrove Tuesday, the day before the start of Lent. To celebrate this season and some of its traditions partici-

pants made elaborate masks, wore beads and indulged in a popular dessert served during Mardi Gras. The Activities department held a cooking class and wowed the crowd with a scrumptious Bananas Foster drizzled on top of a scoop of vanilla ice cream! It was amazing! You really can't go wrong when you use cinnamon, Imitation Rum extract, vanilla extract, butter and walnuts.

Mardi Gras signals the beginning of Lent, which for many is a time to give up something like candy or coffee (yikes!) for 40 days. **Peony Wong** is giving up candy. **Juana Aguila** will not eat a single tamale! **Janice Clark** said she will try not to smoke and **Donna Richardson** is going to try not being grumpy! Good luck to all!

Congratulations Employee of the Month Jennifer Ortega



On behalf of Neighborhood House ADHC it is my pleasure to congratulate Employee of the

Month, Jennifer Ortega!

Jennifer a.k.a. J.O. interned at the Center before she was hired on as the Occupational Therapist Assistant/Activities Coordinator in 2001. Jennifer possesses an incredible attention to detail, which many of the staff appreciate! Miss J.O. is a master at time management and a wonderful

example of what it takes to be a team player.

She feels that the best part of her job is being surrounded by great co-workers as well as the opportunity to make a difference in the lives of the participants.

"I feel good knowing that I helped someone learn something or that I was able to adapt a task in order for them to be successful".

J.O. dedicates her free time to Relay for Life, which is a volunteer-driven cancer fundraising event of the American Cancer Society. She also enjoys spending time with her adorable son & daughter, family and friends.

Jennifer was presented with a Certificate of Appreciation and a day off for 10

years of dedicated service at Neighborhood House ADHC. Congratulations J.O. for all your hard work and dedication! Here's to you, Jen, and to your next 10 years!



Birthday Wishes to:

Participant:

- Dewitt Franklin 3/4
- Henrietta Fulmore 3/6
- Mike Banks 3/7
- Ben Flournoy 3/12
- Mary Collins 3/13
- Renata Mitchell 3/17
- Dolores Romero 3/18
- Tom Evans 3/20
- Clara Briggs 3/23
- Florence Goodwyn 3/26
- Bernice Humphrey 3/26



Staff:

- Sherri Dodds 3/19
- Annie Coleman 3/20
- Susan Edwards 3/26



UCSD Interns fascinated by our good old fashion typewriter watch their fellow student give it a try!



**Who's that behind the Mardi Gras Mask?
Lorraine Bregante !!**

MARCH MENU

- | | |
|-----------------------|-------------------------|
| 3/1 Chicken Paprikash | 3/15 Cheddar Bake |
| 3/2 Salmon Fish Taco | 3/16 Spinach Salad |
| 3/5 Calif Cassoulet | 3/19 BBQ Chicken |
| 3/6 Chicken Fajitas | 3/20 Turkey/Penne Pasta |
| 3/7 Turkey n Gravy | 3/21 Beef Picadillo |
| 3/8 Baked Chicken | 3/22 Beef Bean Chili |
| 3/9 Chili Braise Beef | 3/23 Thai Chicken |
| 3/12 Bean & Beef Taco | 3/26 Spaghetti |
| 3/13 Bolognaise Beef | 3/27 Teriyaki Chicken |
| 3/14 Penne w/ Chicken | 3/28 BBQ Beef Burger |
| | 3/29 Braised Beef |
| | 3/30 Herb Panko Cod |



Thank You to Don Scott & Family for Sponsoring Last Month's Birthday Cake!



Caregiver Tips by Katie

By Katie Lindenmeier, Intern

Caring for a loved one can be exhausting and stressful. Here are some tips on how to reduce stress:

- **Get information:** Learn about your loved one's health problem(s) and needs so you can be prepared for future changes.
- **Help your loved one help him/herself:** By making minor adjustments in your home, such as moving kitchen supplies to a lower shelf, can help your loved one complete certain tasks independently.
- **Ask family & friends for assistance:** Request that others help your loved one periodically, such as taking your loved one to the store once a week.
- **Take care of yourself:** Eat well, exercise, and take time to relax. If you don't take care of yourself, you can't take care of your loved one.
- **Talk about it:** Reduce stress by sharing your thoughts and feelings with others.

Remember: don't be afraid to ask for help. The staff at ADHC is here for you!

www.healthinaging.com

We Love Being Green!

NHA ADHC Staff

Jennifer Hurlow-Paonessa, LCSW, Director
 Betty Tuyay, MSW
 Susan Edwards, RN
 Ana Parramore, BSW, Act. Coord.
 Jennifer Ortega, COTA, Act. Coord.
 Grace Williams, LVN
 Marilyn Fullen PTA
 Larry Love, Facilities, Aide



PROGRAM AIDES

Patricia Finner, Emilia Ayala,
 Pat Johnson, Annie Coleman
 Derrick Henderson

CONTRACT STAFF

Phyllis Daniell, PT, Carol Yount, ST
 Sheri Dodds, OT, Arnold Lipschitz, Pharm,
 Joanne Robertson, DT, Butch Amaral, PH.d,
 Merritt Matthews MD – Medical Director

ECC INSTRUCTORS

Jean Scott, Suzi Beach

INTERNS

Katie Lindenmeier

{How Lucky}



March 2012

Neighborhood House Adult Day Health Care



Sun	Mon	Tue	Wed	Thu	Fri	Sat
PT: MTH PTA: MTWF OT: MW COT: M-F RN: M-F LVN: M-TH		Daily Schedule: The Brew Crew 9-11 am Group Exercise: 11-11:45 am Lunch: 12-1 pm Recreational Activities: 1-5 pm Afternoon Snacks: 2 pm		1 Share a Smile Day 	2 Arts & Crafts	3
4 ST: MT RD: 1+TH MD: 1+TH PSYCH: W	5 	6 Special Event: The Melody Makers	7 Sing w/ Jean	8 Current Events w/ Suzi	9 Barbie debuted in 1959 Fun w/ Suzi & Jean	10 MARCH IS RED CROSS MONTH American Red Cross
11 Daylight Savings Time Begins Set Clocks forward 1 hour!	12 Get Fit w/ Suzi	13 Ken Introduced Video of the Week 	14 Most Wanted List Debuted Morning Stretches Learn a New Song!	15 Brain Busters w/ Suzi 	16 St. Patrick's Day Fun w/ Gus!	17 St. Patrick's Day
18 Staff Meeting: INA on the 14th	19 Group Exercise Fun w/ Suzi	20 Spa Day First Day of Spring	21 Music Appreciation Spring Crafts	22 	23 Effective Communication	24 World Tuberculosis Day
25	26 Boost Your Brain Power & Get Crafty	27 Cook w/ Ana & Jen 	28 Music & Memories w/ Jean	29 Morning Walks Arts & Crafts	30 Flex For Fitness! Friday Fun	31