

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**



**September
2011**

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



Back to School

ECC Instructors Return



The welcome voices of our ECC instructors will return after a long summer break.

Jean Scott will be teaching Musical Experiences, Arts & Crafts, Effective Communication and Body Dynamics for the Aging Process. **Suzi Beach**



will instruct on Effective Communication, Body Dynamics, Arts & Crafts plus Social Studies. Given the State budget crisis, the Center is glad for these needed classes and our teachers. Come to class, it's all the fun without the homework.



Carlos & Feliza show their dimples!

Laughter Matters

Group a Hoot!



A most delightful experience occurred several mornings at the center. Howls and hoots of laughter ring out as participants & staff drop their normal reserve and break out in silliness & smiles. The **laughter yoga group** was led by trained leaders whose mission is to bring more health, happiness and joy through laughter. The yoga session is effective as it touches even the most serious minded of individuals and one feels heightened fun, energy and spirit. Ha ha ha ha!

Medi-Cal Beneficiaries! Please Inform ADHC of your Managed Care Choice



Letters from the State went out late August to Medi-Cal beneficiaries for making a managed care choice (and also of the proposed Dec. 1, 2011 elimination of ADHC as a benefit). **Please be sure to inform the staff of your selection.**

Notices were mailed to all ADHC "dual eligibles", also known as "Medi-Cal/Medicare beneficiaries. There are various managed care options. A choice of Medi-Cal must be made by September 16 to avoid automatic enrollment into a Medi-Cal Managed Care Plan on October 1, 2011. Assess your needs & options carefully. Talk with your physician if you wish to continue with him/her prior to making a choice.

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





September Entree

- | | |
|----------------------|---------------------|
| 9/1 Roasted Cod | 9/19 BBQ Chicken |
| 9/2 Spinach Egg Bake | 9/20 Turkey & Pasta |
| 9/5 Closed | 9/21 Beef Creole |
| 9/6 Fajitas | 9/22 Chili Verde |
| 9/7 Philly Sandwich | 9/23 Chicken Curry |
| 9/8 Baked Chicken | 9/26 Spaghetti |
| 9/9 Fish Taco | 9/27 Hawaii Chicken |
| 9/12 Beef/Bean Taco | 9/28 Turkey Burgers |
| 9/13 Bolognese | 9/29 Braised Beef |
| 9/14 Chicken Pasta | 9/30 Herb Panko Cod |
| 9/15 Teriyaki Cod | |
| 9/16 Chili Beef | |



Come to the Garden



The ADHC garden is blooming with flowers and vegetables. Tomatoes are ripening daily. A big thank you to **Margarita Lopez** who donated a tall plumeria plant and a cherry tree.



Participant Profile

Mary Beruman

***This profile is written by Carmen Beruman who is sponsoring September's birthday cake in honor of her mother, Mary Beruman**

NHA Staff List

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



PROGRAM AIDES

- Patricia Finner, Emilia Ayala
Stephen Tedford
Derrick Henderson



CONTRACT STAFF

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

ECC INSTRUCTORS

- Jean Scott, Suzi Beach

INTERNS

- Chittaphone Lasath, Hoang Hua,
Tanya Lopez



Mary Beruman was born on September 8. She grew up in Santa Barbara, CA when it was still a sleepy little farming town. As a child, she endured the hardships of the Great Depression and WWII. In 1950, after a 3 month courtship, she married Jose Beruman and followed him to Tijuana, Mexico. They raised a daughter. After she became widowed, she dedicated herself to work as a cake decorator. She enjoyed tending to gardens. Mary always liked animals and saved many from starvation. Mary beamed with pride when her daughter graduated from SDSU and often spoke of her work in research. Mary & her daughter traveled to Japan in 1999 which she often referred to as a trip of a lifetime. Mary joined the ADHC in 2004. Sweet birthday wishes to Mary Beruman!

Activities In Review

By Ana Parramore, BSW



Summer Fun at ADHC!



Feliza Pasetes wows the crowd!

Hawaii Days

August 8th kicked off Hawaii week at the Center. The dining room was transformed into a tropical luau paradise. Arts & crafts projects re-

flected the Hawaiian theme. The week ended with a luau party with some fun games and refreshing banana and strawberry smoothies!

Wacky Watermelon Days

Did you know that watermelon is not a fruit? It's a vegetable and related to the cucumber, squash and pumpkin! Well either way it's a favorite of many to enjoy on a hot summer day. On Monday the 29th we had a watermelon festival. The sweet and juicy watermelon was a welcome treat on this very hot day!



King and Queen of the festival, Tom Evans & Barbara Thompson

National Root Beer Float Day



Daniel Navarro gives his approval!

August 19th we celebrated National Root Beer Float Day! We did our best to stay cool and indulged in an old time favorite.



There is a technique to making the perfect float. It's important to use a good quality ice cream and to put your scoop into your glass first. Then you must pour your soda in gently down the side of the glass. And as it fills up, pour straight down allowing the foam to form and top off the drink. Before you enjoy your drink be sure to get a straw and a spoon to scoop up all the good stuff!

Thank You!



Sam Buggs and his mother were very generous

by sponsoring last month's birthday party. With their donation the Center purchased a delicious cake to honor all of our September babies!

Fabulous 50s!

The week of August 22nd we celebrated the 1950s. To many this was a very exciting decade.

This was the time of Elvis, poodle skirts, saddle shoes, and rolled up jeans, just to name a few. Participants sampled tuna melts, typical diner faire during cooking class. Donna Richardson said, "I like how the celery makes it crunchy!" Then, on Friday the 26th singer, Gus Meza was here and we had a BLAST listening to his fabulous songs from the 50s!



Participant, Peony Wong takes notes as Jennifer Ortega and Ana P. make tasty tuna melts.



Happy Birthday!

Participants:

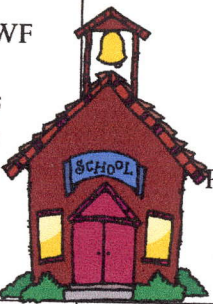








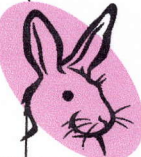




Donna Richardson 9/1
Kurt Seifert 9/3
Guadalupe Chavez 9/6
Arnel De Los Santos 9/6
Mary Beruman 9/8
"Mimi" De Leon 9/16
Janet Louis 9/18
Maria Soto 9/21
Puni Ulugalu 9/21

Staff:

Emilia Ayala 9/20
Carol Yount 9/30





Sun	Mon	Tue	Wed	Thu	Fri	Sat
PT: MTH PTA: MTWF OT: MW OTA: M-F LVN: M-F ST: MT 		Daily Schedule: Java Club: 9-11am Group Exercise: 11-11:45 Lunch: 12-1pm Recreational Activities: 1-2pm Afternoon Snacks: 2pm PM Recreation: 2-5pm 		1 Fall Fitness BINGO	2 Morning Stretches Fun w/ Jen O. & Ana	3 National Hispanic Heritage Month
4 RD: 14th MD: 14th PSYCH: W RN: M-F Staff Meetings: INA: 14th	5 Labor Day 	6  Welcome Back ECC Teachers! The Melody Makers	7 Ageless Fitness Creative Crafts	8 Group Walks 	9 Current Events Fun W/ Jean & Suzi 	10 Keep America Beautiful Month National Parkinson's Awareness Month
11 National Grandparents Day  Patriot Day	12 Walk & Talk BINGO 	13 Sing w/ Jean Arts & Crafts	14 Fit For Life Name That Tune	15 Special Event: La Rondalla 	16 Mexican Independence Day! Humane Society Friends 	17
18 <i>Virgo traits:</i> Modest & shy Meticulous & reliable Intelligent & analytical	20 Fun w/ Suzi BINGO	21 Video of the Week 	22 Fitness Club Music Memories	23 Coupon Capers 	24 Autumn Begins Fall Fun w/ Suzi & Jean 	
25	26 Pump That Body BINGO	27 SPA DAY! 	28 Sing-A-Long w/ Jean Clever Crafts	29 Move to the Groove BINGO	30 Current Events Fall Crafts 