

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**



November  
**2011**

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

## Thanksgiving



November autumn fun is here! Early on, we celebrate **Dia de los Muertos**. Sugar skulls and all that entails are on tap. We will stay OPEN to salute **Veterans** on November 11. The **Thanksgiving Holiday** is scheduled November 24 & 25. We will enjoy a pre-Holiday meal & program prior to closing for Thanksgiving.



Are You a



Wartime Veteran?

Being in San Diego, we might know many people who have served in the military. Did you know there is a largely unknown pension benefit for Wartime Veterans and their surviving spouses? The Veteran's Administration offers Aid and Attendance as part of an "Improved Pension Benefit". This allows veterans who require the regular attendance of another person to assist with tasks such as eating, bathing, dressing, medication dosing, etc to receive additional monetary benefits. This is a "Pension Benefit" and IS NOT dependent upon service-related injuries for compensation. Aid & Attendance can help pay for care to stay in the home, nursing home or assisted living facility. Eligibility must be proven by filing the proper



(cont'd on page 2)



## ADHC Fall Garden

Participants & staff are thrilled with the fresh looks of peppers, watermelon and lettuce ripening for harvest time!



Lettuce



Watermelon



Jalapeno Pepper



Bell Pepper

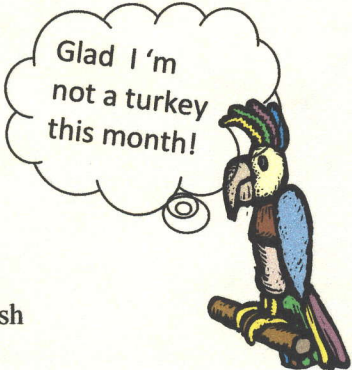
## Court Ruling Anticipated of Medi-Cal as ADHC Benefit

The California Court is expected to rule this month on a lawsuit filed by Disability Rights discussing the elimination of ADHC as a Medi-Cal benefit. A court order is being sought that participants will be assured adequate and proper services needed to avoid hospitalization or placement in nursing facilities prior to the elimination of Medi-Cal as an ADHC benefit. The scheduled Medi-Cal elimination is at the end of this month. Stay tuned.



# Lunch Entree

- 11/1 **Turkey** w/ Sauce
- 11/2 **Beef Picadillo**
- 11/3 **Chili Verde**
- 11/4 **Thai Chicken**
- 11/7 **Spaghetti**
- 11/8 **Teriyaki Chicken**
- 11/9 **Turkey Burgers**
- 11/10 **Braised Beef**
- 11/11 **Special**
- 11/14 **Beef Bulgogi**
- 11/15 **Chicken Salad**
- 11/16 **Turkey Gumbo**
- 11/17 **Chicken Paprikash**
- 11/18 **Fish Taco**
- 11/21 **Cassoulette**
- 11/22 **Turkey & Gravy**
- 11/23 **Chicken Fajitas**
- 11/28 **Bean & Beef Taco**
- 11/29 **Bolognese Beef**
- 11/30 **Penne w/ Chicken**



## ADHC 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  
 Brea Pascual-LVN

**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, Kevin Liu,  
 Julia Nam, Linda Hyun,

## Aid & Attendance (Cont'd from pg 1)

**Veteran's Application for Compensation and/or Pension.** This application will also require a copy of separation (discharge) papers. There is much information that needs to be gathered to process the application.

To qualify additionally for **Aid & Assistance**, it needs to be established by your physician & medical evidence that you require daily assistance by others because you cannot function completely on your own. Information regarding net worth limitation, net income, and out of pocket medical expenses will also be needed. To financially qualify, an applicant must average less than \$80,000 in assets excluding home and vehicle. Any War-Time Veteran with 90 days of active duty, 1 day beginning or ending during a period of WAR, is eligible to apply for Aid and Attendance Improved Pension. A **surviving spouse** (marriage must have ended due to death of veteran) of a War-Time Veteran may also be eligible to apply.



Call the Center if you are interested in more information or visit <http://vabenefits.vba.va.gov/vonapp/main.asp>.

## The Appealing Apple

Participants learned many tidbits of this familiar fruit:

- \* Types: Fuji, Red Delicious, Granny Smith etc.
- \* High in Fiber
- \* Johnny Appleseed is an authentic hero!
- \* The skin is vitamin packed.
- \* Boosts immunity Systems
- \* Snow White found true love after eating a red apple!



↑ Peony W & Arnel D. Won Apple Stickers.



Janice J. knew a thing or two about apples!

# October Happenings

By Ana Parramore, BSW



## ADHC GOES DOTTY!

We began the month of October with our annual Oktoberfest celebration at the Center on Friday the 7th. Part of the fun included the Polka Dot contest. Many participants wore dots which varied from very small to quite large! This year participants voted on the winner for each of three categories. Prizes were awarded

to **Juana Aguila** for The Largest Dots, **Florence Goodwyn** for the Most Dots and **Diana Parker** for the smallest. Later participants snacked on buttery popcorn and ice cold root beer.



Largest polka dots winner, Juana Aguila!

## Scarecrows Are Too Cute To Scare!



Every garden needs a good scarecrow. Especially the ADHC garden with its watermelons growing larger each day! Participant created their own scarecrows during Occupational Therapy groups. These were definitely too cute to spook!



Arnel de los Santos and Jimmie Pace debate over which scarecrow gets the job!



## En Espanol

Tanya Lopez, Gero. Intern

El Día de los Muertos es una celebración que se origina en Mexico empesando el primero día de Noviembre (Día de los Inocentes o Angelitos) hasta Noviembre 2 (Día de los Muertos). Anteriormente, esta celebración se llevaba a cabo en el noveno mes del Calendario Solar Azteca, y se celebraba durante todo el mes. Despues del contacto hispano, se trato de erradicar esta prehispana celebración, pero fue inútil su esfuerzo. Como la religión Católica ofrecia también celebraba un día a los santos, se juntaron estos días para hacerlas mas religiosas. En este día, se celebra la continuación de la vida y hasta humor despues de la muerte. Familias llevan ofrendas de flores, comidas, objetos personales, y juguetes a las tumbas y altares para que sus muertos familiares también puedan disfrutar de ese día.

Comidas especiales son hechas asi como atole, mole, pan de muerto, calaveras de dulce y capirotada. Esta celebración se deriva hacia la aceptación de la muerte amando, respetando y recordando a los nuestros que an muerto.

## A Spooktacular Day!

Halloween fun was had by all at this



Mary Teague found the Great Pumpkin!

year's Carnival. Games played included: The witch's Brew Toss, Black Cats In the Gunny Sack and Ring Around the Ghostie! Then participants guzzled down Pond Scum soda and gnawed on Sticks & Stones!

## I'm Thankful For...



It's Thanksgiving time, a time to reflect on our blessings and all that we are grateful for. When we express gratitude for the people and things in our life we feel positive! Participants were asked what they are grateful for.

**Daniel Navarro** is thankful for losing weight, his health and family.

**Janice Clark** is thankful for being alive and for being able to come to the Center.

**Henrietta Fulmore** is thankful for her niece and nephew and for all the staff at the Center.

## Birthday Wishes

to:



Participants:

Carlos Flores 11/4

Linda Moffitt 11/14

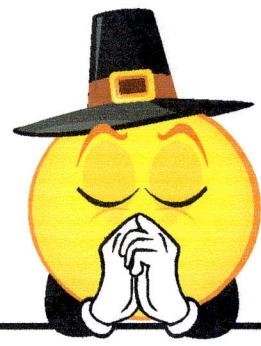
Staff:

Joanne Robertson 11/27



# NOVEMBER

2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>PT: MTH PTA: MTWF OT: MW OTA: M-F LVN: M-F ST: MT RN: M-F</p>	<p>RD: 16th MD: 16th PSYCH: W</p> 	<p>1</p> <p><b>The Melody Makers @ 1pm</b></p>	<p>2</p> <p><i>Day of the Dead Celebration</i></p> 	<p>3</p> <p>Brain Fitness</p> <p>BINGO</p>	<p>4</p> <p>Flex for Fitness</p> <p>Get Crafty w/ Jean</p>	<p>5</p>
<p>6</p> 	<p>7</p> <p>Fab Fitness w/ Suzi</p> <p>BINGO</p>	<p>8</p> <p>Current Events w/ Jean</p>	<p>9</p> <p>Music Memories w/ Jean</p> <p>Get Crafty</p>	<p>10</p> <p>Group Exercise</p> <p>BINGO</p>	<p>11</p> <p><i>Veterans Day</i></p> <p><i>The Center is OPEN</i></p> 	<p>12</p>
<p>13</p> 	<p>14</p> <p>Current Events w/ Suzi</p> <p>BINGO</p>	<p>15</p> <p>Video of the Week</p> 	<p>16</p> <p>News &amp; Today in History w/ Jean</p>	<p>17</p> <p>Brain Fitness w/ Suzi</p> <p>Arts &amp; Crafts</p>	<p>18</p> <p><i>SD Humane Society to Visit!</i></p>	<p>19</p>
<p>20</p> <p>Latin American Month</p>	<p>21</p> <p>Social Studies</p> <p>Brain Busters</p>	<p>22</p> <p><i>Thanksgiving Program</i></p> 	<p>23</p> <p>Group Walks</p> <p>Art Therapy</p>	<p>24</p> 	<p>25</p>  <p><b>Happy Thanksgiving</b></p>	<p>26</p>
<p>27</p> <p>Good Nutrition Month</p>  	<p>28</p> <p>Ageless Fitness</p> 	<p>29</p> <p>Current Events w/ Suzi</p> <p>Video of the Week</p>	<p>30</p> <p>Music &amp; Memories w/ Jean</p> <p>Fall Crafts</p>	<p>ADHC Schedule: Java Club: 9-11am Group Exercise: 11-11:45 Lunch: 12-1pm Recreational Activities: 1-5 Afternoon Snacks: 2pm</p> 		