

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



August 2013

851 South 35th Street, San Diego, Cal 92113 (619) 233-6691 Fax (619) 233-6693

STOP



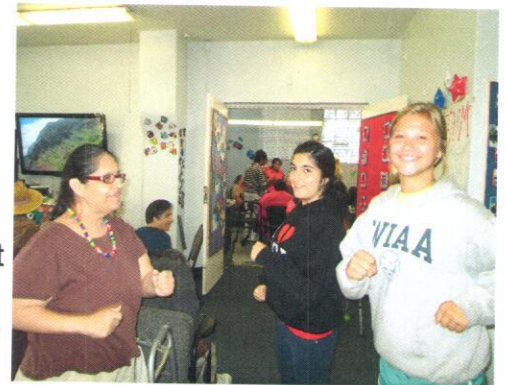
NHA & Youthworks

Build Connections



With a friendly smile and warm personality, 16 year old Claire is pleased to have chosen to spend part of her summer volunteering with **YouthWorks**. She states coming from a small town near LaCrosse, Wisconsin and that getting the opportunity to visit sunny San Diego was an exciting opportunity. She and other young people have volunteered their services at sites such as the Food Bank and here at the **Neighborhood House Adult Day Health Care**.

Initially, Claire admitted "having to come out of my comfort zone and be willing to meet people young and old." She is proud that she is "so much better" at initiating greetings and conversation. She compassionately describes the experience of seeing the challenges that people encounter trying to put food on the table or deal with aging & health problems as eye opening. "I have learned the value of getting to know individuals personally." NHA / ADHC Participants, Dehlia and Phyllis made me laugh and feel especially welcome." says Claire. She also adds that working with the other youth as a team has generated close friendships. When asked what she will be doing before returning to Wisconsin, Claire excitedly said "I am going to Disneyland!"



ADHC Phone Numbers

OFFICE 619 233-6691

Including 24 hour Voice Mail

Transportation #

City Link 619 232-4199

MTS Access | 888 517-9627

Cancellation of a MTS Ride must be done as early as possible, but not later than 2 hours before your arranged pick-up time. Always call even if it is after the 2 hour requirement because a "late cancellation" is better than a NO SHOW. MTS will initiate a temporary suspension if you have 3 or more NO SHOWS in a month. Remember to cancel the return trip home as well if the cancellation is for the entire day.

August is the fun month for summer vacations.

Aren't we lucky that we live in San Diego,

a vacation destination for many people. Seaport Village (above), Coronado, the San Diego Zoo and Balboa Park are popular to visit.— all in our own backyard!



Summer Picnic

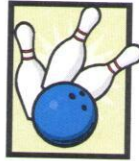


Melvin & Don at the Luau



Staff Spotlight
PATRICIA JOHNSON
 By Uba ABDI, Intern

Pat Johnson is a valuable staff member. She is originally from Dallas Texas, She is the proud mom of 2 sons. Pat came to California over 40 years ago. This October Pat will be celebrating her fifth year of being cancer free and we are very thankful for that! In her spare time, Pat likes to travel, roller-skate, and bowl. Pat has been working as a CNA / program aide at the center for eight years. She says that she loves what she does and getting to know our participants. Indeed, Pat is very gifted in giving kind, gentle guidance to help our participants follow through on their program.



Participant Profile
Russell Dodge



Russell Dodge is a new participant in the program. He was born in Denver, Colorado. He served in the US Army. He has fond memories of driving on the Autobahn in Germany. He met his wife in Japan and they married 55 years ago which is his most joyful memory. The Panama Canal was



the most beautiful place he has visited. Mr. Dodge and his wife moved to San Diego after Army retirement in 1951. He found work as a gardener at the SD School District afterwards. Russell is a keen coin collector. Silver dollars are favorites in his private collection. Mr. Dodge is happy to continue his interests and adventures at the Center!



(written by TARA JOHNS, Intern)

 **LUNCH**

- | | |
|----------------------|----------------------|
| 8/1 Braised Beef | 8/21 Penne Chicken |
| 8/2 Herbed Cod | 8/22 Cheddar Bake |
| 8/5 Beef Bulgogi | 8/23 Turkey |
| 8/6 Turkey Sandwich | 8/26 BBQ Chicken |
| 8/7 Turkey Gumbo | 8/27 Turkey & Pasta |
| 8/8 Chic Paprikash | 8/28 Beef Picadillio |
| 8/9 Salmon Taco | 8/29 Chile Verde |
| 8/12 Cassoulette | 8/30 Thai Chicken |
| 8/13 Chicken Fajitas | |
| 8/14 Turkey | |
| 8/15 Baked Chicken | |
| 8/16 Braised Beef | |
| 8/19 Beef Taco | |
| 8/20 Rotini Beef | |



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, Mary
 Rose Gabriel, LVN
 Larry Love, Facilities, Program Aide



PROGRAM AIDES

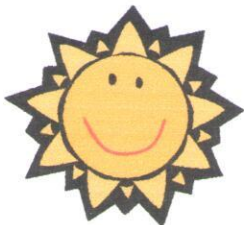
- Patricia Finner, Emilia Ayala
 Derrick Henderson, Pat Johnson,
 Gloria Galvan

CONTRACT STAFF

- Carol Yount, ST
 Janet Lacey, OT, Arnold Lipschitz, Pharm.
 Joanne Robertson, DT,
 Butch Amaral, PH.d, Martha Villaescusa, PT
 Dr. Merritt Matthews- Medical Director

ECC INSTRUCTORS

- Suzi Beach, Jean Scott



Much-Needed Supplies

In order to better serve our participants we are in need of the following items as our supplies have dwindled:

- Incontinence supplies in any size
- Personal hygiene products: baby wipes & body spray
- Clothing: pants (stretchy or large)

Please contact the Center if you have other items not on this list that you would like to donate.

The Activities department is always accepting your gently used treasures to supplement our BINGO prizes.

Thank you for considering our requests!

9 Ways to Beat the Heat!

Two common problems caused by exposure to excessive heat are heat stroke and heat exhaustion. Remember these tips for a safe summer.

1. Eat lightly and drink plenty of fluids. Non-caffeine and non-alcoholic beverages help prevent dehydration.
 2. Wear lightweight, light colored and loose fitting clothing.
 3. Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck or, for a quick cool down, wrap ice cubes in a washcloth or use blue cooler packs.
 4. Use small battery operated hand-held fans and misters for a cooling break.
 5. Schedule outside activities before Noon or in the evening.
 6. Wear a wide-brimmed hat when in the sun.
 7. Stay in the coolest part of the house - usually on the lowest floor - as much as possible.
 8. A shady spot outdoors may be cooler than the house, especially if there's a breeze.
 9. Mobile seniors may want to spend a few hours at the library, in a movie or at a mall or restaurant that is air conditioned to stay cool, enjoy a social outing and conserve energy.
- Center For Aging



Dolores Henshaw 8/1

Owen Trimarchi 8/2

Bernice Forsberg 8/20

Nona Cryer 8/24

Sam Buggs 8/26

Staff:

Ana Parramore 8/9

Summer Fun Outdoors



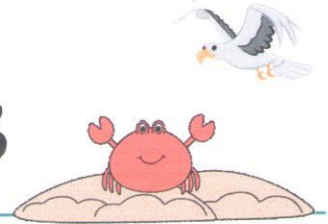
The decor outside was cheerful and placed with care with the helping hands of our outstanding YouthWorks volunteers. Hawaiian grass table skirts, Hibiscus flowers and other charming

adornment made it feel like a Hawaiian luau. Participants listened to lively Hawaiian tunes while feasting on moist chicken, sweet Hawaiian rolls, fresh salad, Jennifer H-P's favorite lemon bundt cake, refreshing watermelon and ice cold soda.














August 2013



Sun Mon Tue Wed Thu Fri Sat

<p>PT: M,TH PTA:M,T,W,F OT: W,TH COTA: M-F RN: M-F LCN: M-F ST: M,TH RD: 14TH</p>	<p style="text-align: center;"><u>ADHC Program</u> Coffee Club: 9-11am Group Exercise: 11-11:45 am Lunch: 12-1 Group Recreation: 1-4:30</p>			<p>1 Mental Aerobics BINGO</p>	<p>2 </p>	<p>3 Water Quality Month</p>
<p>4 President Barack Obama's Birthday</p> 	<p>5 Walk & Talk BINGO</p>	<p>6 Root Beer Float Day!</p> 	<p>7 Purple Heart Anniversary Group Fitness</p>	<p>8 National Waffle Day</p> 	<p>9 Current Events Range of Motion</p>	<p>10 National Inventors Month National Eye Exam Month</p>
<p>11 MD: 14TH PSYCH: W</p>	<p>12 Trivia Hour Arts & Crafts</p>	<p>13 Video of the Week</p>	<p>14 Music Therapy</p>	<p>15 Summer Games BINGO</p>	<p>16 National Tell a Joke Day!</p> 	
<p>18 Staff Meetings: INA on the 14th @ 9</p>	<p>19 Ageless Fitness BINGO</p>	<p> Spa Day</p>	<p>21  Senior Citizen's Day!</p>	<p>22 Group Walks BINGO</p>	<p>23 Birthday Party w/ Juan Robles!</p>	<p>24 </p>
<p>25</p>	<p>26  International Women's Day</p>	<p>27 Banana Lovers Day Video of the Week</p>	<p>28 DREAM Day! What is your Dream?</p>	<p>29 Brain Fitness Effective Communication w/ Suzi</p>	<p>30 Group Exercise Arts & Crafts</p>	<p>31</p>
<p>Be Kind to Humankind</p>						