

Mission Statement

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

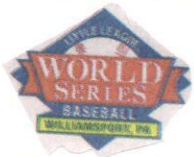


Neighborhood House Association Adult Day Health Care Center The RoundUp



September 2013

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



Little League Star has Auntie at the Center!



Congrats to the **East Lake** All Star Boys Baseball Team accomplishing the feat of becoming the **2013 USA Little League Champions!** Player Rennard Williams had a proud auntie in the Williamsport, PA stands ~ our nurse, Grace Williams. She shares great memories of the games.

Welcome New Interns



Say hello to our new trio of interns. Mary Johnson is a graduate Social Work student from USC. Kajeen Abdul is a Gerontology intern out of SDSU. Jonae Boatwright is a BSW Social Work intern also from SDSU.

Check Your Balance

It is Fall Prevention Awareness Week from September 22 to 28. A Fall Prevention talk with a Specialist will be presented this month. It is important for participants to retain safe mobility. Individual exercises and group exercises plus walks outdoors are encouraged daily.



Welcome Back Instructors

Adult Classes are in Session

It is Back to School time! A big hello again to our instructors for adult education. Jean Scott and Suzi Beach are here

teaching classes including Body Dynamics for the Aging Process, Musical Experience, Arts & Crafts, and Effective Communication.

The objectives of the classes is for our participants to be active mentally, socially, creatively and physically. Lets get busy!



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.

Main Lunch Entrée



9/2 Holiday

9/3 Teri Chicken

9/4 Beef Burger

9/5 Braised Beef

9/6 Herb Panko Cod

9/9 Beef Bulgolgi

9/10 Turkey Sandwich

9/11 Turkey Gumbo

9/12 Chicken Paprikash

9/13 Salmon Taco

9/16 Turkey Cassoulette

9/17 Chicken Fajitas

9/18 Turkey n Gravy

9/19 Baked Chicken

9/20 Braised Beef

9/23 Bean & Beef Taco

9/24 Rotini w/ Bolognese Beef

9/25 Jack Penne Pasta

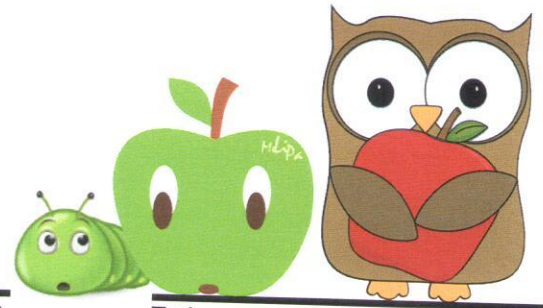
9/26 Cheddar Bake & Soup

9/27 Spinach Salad

9/30 BBQ Chicken

**Neighborhood
House
ADHC**

September 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 PT: M,TH PTA:M,T,W, F OT: W,TH COTA: M-F RN:M-F	2 CLOSED	3 Video of the Week	 Jean & Suzi!	5 Group Walks BINGO	6 Current Events Group Wellness	7 Chicken Month aims to bring the humble chicken into the spotlight,
8 	9 Boost your brain power & EXERCISE w/ Suzi!	10 Let's Craft w/ Jean Video of the Week	11 Music Expression w/ Jean 	12 Positive Language Patterns w/ Suzi	13 Positive Thinking Day Body & Brain Aerobics w/ Suzi & Jean	14 highlighting the versatility, value and im- portance of the original white meat!
15 LVN: M-F ST: M,TH RD: 11TH MD: 11TH PSYCH: W	16 Mexican Independence Day!	17 Music Therapy Arts & Crafts	18 Uplift Your Mood through Music w/ Jean	19 Talk Like a Pirate Day! BINGO	20 Ageless Fitness Social Studies	21 Piano Month An instrument that contribut- ed to the de- velopment
22 National Hispanic Heritage Month	23 Native American Day Group Walks 	24 Spa Day Video of the Week	25 Fall Fitness Arts & Crafts w/ Jean	26 Johnny Appleseed Day BINGO	27 Birthday Party w/ Gus Mezza 	28 of music as we know it, and continues to play a key role in modern mu- sic.
29 National Coffee Day! 	30 Group Exercise BINGO	Meetings: INA @ 9 am		ADHC Schedule at a Glance: Coffee Club: 9-11 Group Wellness: 11-11:45 Lunch: 12-1 Group Recreation: 1-4:30		