

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  
**2014**

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



November has arrived! Don't forget to set your clocks BACK 1 hour on Saturday night 11/1. The Center will stay OPEN On November 11 to salute our **Veterans**. The **Thanksgiving Holidays** is November 27 & 28. We will enjoy a pre-Holiday meal & program .



## Annual Holiday

### Opportunity Fundraiser The BIG DRAW

is the Center's Annual Drive for the Enrichment Fund. Have you noticed the newly re-upholstered chairs and sofa in the lovely shade of blue? This was due to the successful efforts of supporters of the BIG DRAW. The birthday party entertainment & cakes is also possible from the Enrichment Fund. Appeal letters and tickets will be distributed soon in the mail. Your kind support is appreciated.

Mark your calendars as the drawing will be held on December 12 at Family Night !

Food, Fun, Friendship and an opportunity to win great prizes. See you all there!

### Ana Parramore Awarded Special Recognition

Congratulations to Ana Parramore, BSW who was honored by the Neighborhood House Association (NHA) as Employee of the Quarter. Our energetic Activities/Social Worker was lauded by Rudy Johnson, President & CEO for her dedicated service . Well done Ana!



The Center is proud to provide ADHC services to Veterans in collaboration with the VAMC Home Base Program .

### Leave the Treats and Goodies at Home






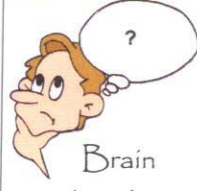






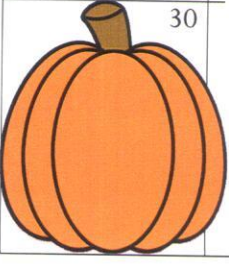
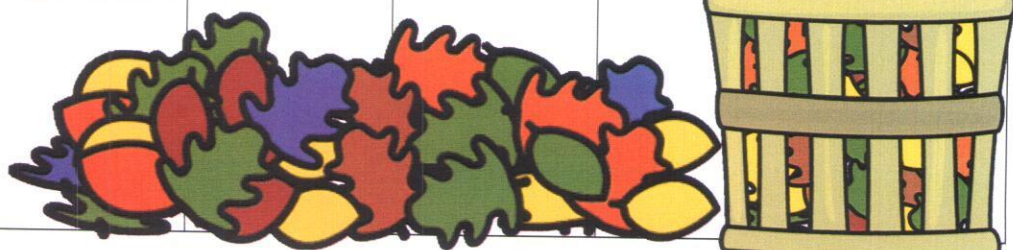


**A Reminder :** After Halloween & during the Holiday season, perhaps many treats, sweets, hard candies, and gums are around the home. Many of these items are potential choking risks and health restricted for some participants. Please make sure these edibles are **NOT** available to participants to share at the center.



# November

2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PT: M, TH OT: W, TH COTA: M-F RN: M-F LVN: M-F ST: M, TH			Daily Lineup: Coffee Club: 9-11 Group Exercise: 11-11:45 Lunch: 12-1pm Group Recreation: 1-4:30pm			1 Daylight Savings time ends. Fall back one hour! 
RD: 12TH 2 MD: 12TH PSYCH: W	3 Trivia Hour BINGO	4 Effective Communication w/ Jean 	5 Healthy Living Music	6 Group Exercise BINGO	7 Daily News w/ Suzi Arts & Crafts	8
9 Meetings: INA on the 12th @ 9am	10 Strengthening Exercises BINGO	11 Veterans Day CENTER OPEN	12 Ageless Moves Music Appreciation	13 Brain Aerobics 	14 Range of Motion Fall Crafts	15
16  Brain Aerobics	17	18 Haircuts w/ Nancy! 	19 Movement w/ Music Current Events	20 Endurance Activities BINGO	21 Birthday w/ Juan Robles! 	22
23 Boost Brain Power!  	24	25 Thanksgiving Luncheon 	26 Express your creativity & join Arts & Crafts!	27 	28	29
30 						

Neighborhood House Association is an equal opportunity provider and employer.