

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
2016

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

August Menu



- 8/1 Marie's Chili
- 8/2 Curried Chicken
- 8/3 Taco Salad
- 8/4 Sesame Noodles
- 8/5 Egg Scramble
- 8/8 Chicken Fajitas
- 8/9 Egg Salad Sandwich
- 8/10 Burrito
- 8/11 Baked Chicken
- 8/12 Veg. & Hummus
- 8/15 Turkey Sandwich
- 8/16 Rotini & Beef
- 8/17 Chicken Gumbo
- 8/18 Baked Chicken
- 8/19 Bean & Beef Taco
- 8//22 BBQ Chicken Wrap
- 8/23 Chicken Pasta
- 8/24 Beef Picadillo
- 8/25 Roasted Turkey
- 8/26 Black Bean Chili
- 8/29 Meat Sauce & Pasta
- 8/30 Asian Chicken Wrap
- 8/31 BBQ Beef Burger



Diabetes Empowerment Education Program

The new Diabetes Empowerment Education Program (DEEP) will be offered later this month by Susan Conrad, RN. The 2 hour class for 6 weeks will meet here on Fridays. It's focus is to help participants take control of their disease and reduce the risks of diabetic complications. Attendees learn how to control blood sugars, valuable nutritional information, the power of exercise and living a healthier life. There are **limited slots available for caregivers** to also join the classes. Contact the Center for more details!



GOT Wheelchairs?
The center could use a few donations of wheelchairs in good condition.
Thank You.

Don't miss out.



It's cool in here!

Ana P. in Activities says lots of fun are in store this hot month of August. Be here for the ice cream social, Italian Bocce Ball, Platinum Group singing "Old School" PLUS Juan



Robles will perform at the Birthday Party.

Tell a Friend!

Enjoying the Company of the Young and the Young at Heart



It has been quite an intergenerational summer at the Center. With school being out, the program has enjoyed having teen and college age students volunteering or interning. Some are interested in gaining nursing, nutrition, physical therapy, occupational therapy experiences for career development. Our YouthWorks kids from all parts of the country have also been dynamic with their energy and attentiveness. We're glad you are all here!

AUGUST

2016



Sun

Mon



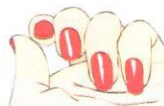






Tue

Wed

Thu

Fri

Sat

<p>FLOWER: SUNFLOWER</p> <p>BIRTHSTONE: PERIDOT</p> <p>SIGN: LEO</p> 	1	2	3	4	5	6
7	8	9	10	11	12	13
	<p>Activities for Your Heart w/ Suzi</p> <p>BINGO</p>	<p>Special Event: The Old School Platinum Group</p>	<p>SPA DAY!</p> 	<p>Spiritual Group w/ Henrietta @ 12:45</p>	 <p>I scream and you scream, we all scream for ice cream Social!</p>	
14	15	16	17	18	19	20
	<p>Current Events</p> <p>BINGO</p>	<p>Elvis Social</p> 	 <p>Derby Day!</p>	<p>Beat the Heat Break: Lemonade and fresh fruit!</p>	<p>Crafts: Summer Necklaces</p>	
21	22	23	24	25	26	27
<p>NATIONAL SANDWICH MONTH</p>	<p>Physical Conditioning</p> <p>Brain Teasers</p>	<p>Group Fitness</p> <p>Video of the week</p>	<p>Hand-eye Coordination: balloon volleyball</p>	<p>Spiritual Group w/ Henrietta</p> <p>BINGO</p>	 <p>Birthday Party w/ Juan Robles</p>	<p>NATIONAL EYE EXAM MONTH</p>
28	29	30	31	<p>DAILY SCHEDULE:</p> <p>Java Club: 9-11am</p> <p>Group Exercise: 11-11:45am</p> <p>Lunch: 12-1pm</p> <p>Group Recreation: 1-4:30pm</p> 		
<p>NATIONAL PEACH MONTH</p>	<p>Brain Teasers</p> <p>BINGO</p> 	<p>Italian Social: Bocce ball & Italian ice</p>	<p>Tropical Happy Hour Social: Strawberry Daiquiris</p> 			

Neighborhood House ADHC is an equal opportunity provider and employer.