



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 2017

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

August Menu



- 8/1 Beef & Rotini
- 8/2 Lentil Soup
- 8/3 Pasta & Chicken
- 8/4 Bean/Beef Taco
- 8/7 Chicken Sandwich
- 8/8 Baked Chicken
- 8/9 Beef Picadilla
- 8/10 Roasted Turkey
- 8/11 Black Bean Chili
- 8/14 Meat Sauce & Pasta
- 8/15 Jerk Chicken
- 8/16 Beef Burger
- 8/17 Turkey & Gravy
- 8/18 Tuna Sandwich
- 8/21 Beef Chili
- 8/22 Chicken Sandwich
- 8/23 Taco Salad
- 8/24 Sesame Noodles
- 8/25 Beef Kabobs
- 8/28 Chicken Fajitas
- 8/29 Stewed Beef
- 8/30 Beef Taco
- 8/31 Paprika Chicken



Enjoying the Company of our Young Volunteers and Workers



It has been an intergenerational summer at the **Center**. With school being out, the program has enjoyed quite a few teen and college age students volunteering in the program. College students go back soon to SDSU, Morehouse University and Howard University. Our YouthWorks kids and their staff have also been very energetic with games, conversations and Song. Thank you for your help!

The warmer weather means precautions are needed for participants. Older bodies do not retain water as well nor does it sense changes in temperature compared to a younger person. Thirst is not easily recognized which increases the risk for dehydration. Drink liquids even if you don't feel like it. Avoid outdoor activities when the sun is beating HOT. The Center is air conditioned so join in on all the fun summer activities indoors!




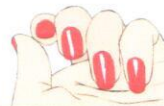











The Benefits of ADHC Recreational Activities

- *Therapeutic recreation reverses the downward spiral of depression.
- *Structured days are happier days.
- *Activities are more vital when all time is leisure time versus having to attend to life tasks.
- *Activities can generate new or continued identities.
- *Activities foster socialization with peers.
- *Activities allow participants the chance to give purpose to life and gain personal satisfaction.

AUGUST 2017

Sun Mon Tue Wed Thu

<p>FLOWER: SUNFLOWER</p> <p>BIRTHSTONE: PERIDOT</p> <p>SIGN: LEO</p> 		<p>1 Current Events</p> <p>Video of the week</p>	<p>2 Watermelon Break!</p> 	<p>3 Morning Stretches w/ Suzi</p> <p>BINGO</p>	<p>4 TRIVIA Summer crafts w/ Ana</p>	<p>5</p> 
<p>6 National Sisters Day</p>	<p>7 Activities for Your Heart w/ Suzi</p> <p>BINGO</p>	<p>8 Special Event: The Old School Platinum Group</p>	<p>9 SPA DAY!</p> 	<p>10 Spiritual Group w/ Henrietta @ 12:45</p>	<p>11</p> 	<p>12</p>
 <p>NATIONAL SANDWICH MONTH</p>	<p>14 Current Events</p> <p>BINGO</p>	<p>15 Lemon Meringue Pie Day!</p> 	<p>16 Special Guest: Gus Meza!</p> 	<p>17 Special Event: The Old School Platinum Group</p>	<p>18 Crafts: Summer Necklaces</p> 	<p>19 NATIONAL EYE EXAM MONTH</p>
	<p>21 Physical Conditioning Brain Teasers</p>	<p>22 Group Fitness</p> <p>Video of the week</p>	<p>23 Hand-eye Coordination: balloon volleyball</p>	<p>24 Spiritual Group w/ Henrietta</p> <p>BINGO</p>	<p>25 Party w/ Juan Robles!</p> 	<p>26</p>
<p>27 NATIONAL PEACH MONTH</p>	<p>28 Brain Teasers</p> <p>BINGO</p>	<p>29 Video of the Week</p>	<p>30 BOWLING!</p> 	<p>31 Ageless Fitness</p> <p>BINGO</p>	 <p>DAILY SCHEDULE: Java Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm</p>	

NHA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NHA is an equal opportunity provider and employer.