

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

JANUARY 2016



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HAPPY NEW YEAR

We're Glad You're Here, You Deserve a Big Hand!

Daytime Santa Party Sparked Spirits Bright !



Once again the Jolly Man in the Red Suit made an appearance to the delight of all. Santa aka Justin had a minor wardrobe malfunction but Elves Ana & Susie came to his aid. Each participant got to meet Santa, received a gift and a yummy treat! Santa KNEW everyone had been very good.

Person Centered Care Means Your Input is Important

Enclosed in this newsletter is a **Customer Satisfaction Survey**. Your opinion of the program you have been involved with for the past year is important. Person Centered Care for our Center values individual personal worth, self confidence and hope. You may return the survey to us.

2016 "Happy New Year" was the toast as participants and staff raised glasses filled with sparkling cider. We are excited to go forward with a slate of healthy goals including exercising, nutritious intake of food, pursuit of memory enhancing tasks, improved health and fun with friends!

Family Night was filled with Fun, Food and Successful Fundraising

The program has another FUN Family Night in the books. Entertainer Juan Robles with his keyboard sang lively tunes.

The plentiful buffet was delicious. Later, the **Big Drawing** was held. There was an abundance of winners. Many thanks to friends & family for their support of our fundraiser, food and gifts. Other generous benefactors included Martha Villaescusa who rallied family members for gifts and Donna, daughter of Ted Borowy who donated many gift cards for the drawing. A total of \$1228 was raised which will go to our enrichment fund. One new addition ordered is a canopy for the front door to shield us from the rain!



Lost & Found

Our colorful markers used for art projects have dwindled in supply. Please check at home to see if some can be located and returned to the Center.



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J a n u a r y

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ADHC Schedule: Coffee Club: 9-11am Group Fitness: 11-11:45am Lunch: 12-1pm Group Activities: 1-4:30pm					 The Center is CLOSED	Spiritual Group on Thursdays @ 12:45
3 Birthstone Garnet Flower: Carnation 	4 Morning Stretches BINGO	5 Brain Teasers Video of the week	6 Welcome Back ECC Teachers!	7 Trivia 	8 The King Social: Peanut butter and banana sandwiches! Healthy Living w/Suzi 	
10 December 23-Jan 20: Capricorn	11 Morning Moves w/Suzi BINGO	12 Ana's Nail Spa @ 1! 	13 Music & Memories w/ Jean	14 Self Portraits Toss & Talk	15 Current Events Arts & Crafts	16 Oatmeal Month
17	18 Martin Luther King Jr. Birthday The Center is OPEN	19 National Popcorn Day! Video of the Week	20 Group Fitness Winter Crafts w/ Jean	21 It's Cold Outside Social: hot cocoa and chocolate chip cookies! 	22 Monthly Birthday Party! 	23 National Glaucoma Awareness
24	25 Beating the Blues With Exercise Winter Categories	26 Trivia Hour Movie of the Week	27 Holocaust Remembrance 	28 Cooking Demo: Soup du Jour! 	29 Winter PICTIONARY Social!	30
31	Top 10 New Year's Resolutions according to Time Magazine! <u>Promises, Promises</u> <u>Lose Weight and Get Fit</u> <u>Quit Smoking</u> <u>Learn Something New</u> <u>Eat Healthier and Diet</u>		<u>Get Out of Debt & Save Money</u> <u>Spend More Time With Family</u> <u>Travel to New Places</u> <u>Be Less Stressed</u>	<u>Volunteer</u> <u>Drink Less</u>		