



Mission Statement:

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



**Neighborhood House Association
Adult Day Services**

The Roundup

July
2016

"Committed to Excellence"

851 South 35th Street, San Diego, CA 92113 619 233-6691 adhc@neighborhoodhouse.org.



**Neighborhood House Association
Improving Health Experiences**



LUNCH

- 7/1 Egg Scramble
- 7/4 Holiday
- 7/5 Egg Sandwich
- 7/6 Beef Burrito
- 7/7 Baked Chicken
- 7/8 Grilled Vegetables
- 7/11 Turkey Sandwich
- 7/12 Rotini & Beef
- 7/13 Chicken Gumbo
- 7/14 Bake Chicken
- 7/15 Beef/Bean Taco

- 7/18 Chicken Wrap
- 7/19 Chicken Pasta
- 7/20 Beef Picadillo
- 7/21 Roast Turkey
- 7/22 Black Bean Chili

- 7/25 Penne Pasta
- 7/26 Chicken Wraps
- 7/27 Beef Burger
- 7/28 Potato Scramble
- 7/29 Luau Day!!!

The Center is proud to be one of three Neighborhood House Association Senior Health Care programs. Our Center of **Adult Day Services** provides comprehensive health, rehabilitative, memory care and psycho social services in a community –based setting. Another program is the **Senior Nutrition Center**. They provide a daily breakfast and lunch meals to adults 60 years or older plus a fun recreation program. An expanded program offering is the **Geriatric Specialty Mental Health Program** which provides services to seniors. For more info , call Betty Tuyay, MSW 619 233-6691.



Here Comes
July Fun!



Be like 107 year old participant, Melchor Rillera and experience the power of the center. Red, White and Blue festivities, ice cream month and Aloha Summer Luau are all on tap!

STAFF LIST

Jennifer Hurlow-Paonessa,
LCSW, Director
Betty Tuyay, MSW
Susan Conrad, RN
Ana Parramore, BSW, Act.
Coord.



Suzanne Beach, Act. Coord,
Nicole Milliken COTA,
Grace Williams, LVN
Kristal Bartido, LVN
Larry Love, Facilities, Program
Aide



PROGRAM AIDES









Patricia Finner, Emilia Ayala, Gloria Galvan, Rosemary Eneje, Harold Stepney

CONTRACT STAFF

Carol Yount, ST
Janet Lacey , OT, Arnold Lipschitz, Pharm.
Joanne Robertson, DT,
Maxine Fisher, LCSW, Martha Villaescuesa, PT
Dr. Merritt Matthews– Medical Director



2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 Daily Schedule: Coffee Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm 			1 Effective Communication w/ Suzi	2
3	 The Center is CLOSED	5 Movie of the Week	6 Brain Aerobics Music Appreciation	7 Spiritual Group @ 12:45 pm every Thursday	 Current Events Arts & Crafts	9 National Ice Cream Month
10	11 Trivia BINGO	12 Special Event: The Old School Platinum Group	13 News Hour w/ Jean Music Therapy	14 Mental Aerobics 	15 Group Exercise Art Expression	16 National Hot Dog Month
17	18 Health Awareness w/ Suzi BINGO	 SPA DAY!	20 Music and Memories w/ Jean Summer Crafts	21 Spiritual Group w/ Henrietta BINGO	22 Birthday Party @ 1pm 	23 Social Wellness Month 
24	25 Activities for Your Heart	26 Movie Hour Crafts w/ Jean	27 Fun Fitness w/ Jean Music Expression	28 Current Events BINGO	 Join us for a Summer Luau!	

Summer Safety Tips

- Stay Hydrated
- Don't stay out for too long
- Check the forecast beforehand
- Keep sunscreen nearby and use it
- Check your prescriptions' side effects
- Beware of heat-related illnesses