

Mission Statement

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



The Roundup



Neighborhood House Association
Adult Day Health Care Center

March 2017
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851 South 35th St.
San Diego, CA 92113



- 3/1 Taco Salad
- 3/2 Sesame Noodles
- 3/3 Beef Kabob
- 3/6 Chicken Fajitas
- 3/7 Stewed Beef
- 3/8 Beef Taco
- 3/9 Pasta Bake
- 3/10 Bean Beef Soup
- 3/13 Turkey Sandwich
- 3/14 Rotini Bolognese
- 3/15 Lentil Soup
- 3/16 Hot Pesto Pasta
- 3/17 Bean/Beef Taco
- 3/20 Chicken Sandwich
- 3/21 Bake Chicken
- 3/22 Beef Picadillo
- 3/23 Roasted Turkey
- 3/24 Black Bean Chili
- 3/27 Sicilian Pasta
- 3/28 Jerk Chicken
- 3/29 Beef Burger
- 3/30 Roast Turkey
- 3/31 Tuna Sandwich



March the Green Month Spring has Sprung!



Medi-Cal Redetermination

Many of our participants use their Medi-Cal eligibility for the CBAS program here at the Center. Periodically, it becomes time for Redetermination of their Medi-Cal Benefits. Please be sure to submit the necessary documents before the deadline to ensure ongoing services.



Let us know! Our licensing regulations require staff to follow up on the status of any participant not present on their scheduled days. Be sure to call the program and MTS when there is a change in your schedule.

Thanks to recent rains, San Diego is very green. Change your clocks March 12 for Daylight Savings time. St. Patrick's Day is March 17, remember to wear GREEN! We will soon have a "Spring" in our steps mid month starting March 20.

Physical Therapist Villaescuesa Uses "Get Up & Go" Test for PPTs.














Falls are a leading cause of injury among older adults. The "Get Up and Go Test" is used at the program by Martha Villaescuesa, RPT to detect "fallers" and who is in need of evaluation. Participants who report past falls receive an Initial Check involving various commands plus queried for gait or balance problems. A FOLLOW-UP ASSESSMENT asks the participant to follow through on additional directions. Physical Activity can go a long way in preventing falls.



MARCH

2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Daily Schedule: Coffee Social: 9am-11am Group Fitness: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm</p> 			1 Ash Wednesday Music & Memories w/ Jean	2 Spiritual Group @ 12:45 Brain Games	3 Stress Busting Moves w/ Suzi	4 IRISH AMERICAN MONTH 
5 Spiritual Group every Thursday @ 12:45!	6 Healthy Living w/ Suzi	7 Current Events Video of the Week	8 Music Therapy 	9 Empowering Exercise w/ Suzi BINGO	10 Morning Walks Arts & Crafts	11  Johnny Appleseed Day
12 Daylight Savings Spring Forward! 	13 Fit for Life w/ Suzi Game Day	14 Spa Day 	15 Music & Movement Art Therapy	16 Trivia Hour BINGO	17 St. Patrick's Day 	18 NATIONAL NUTRITION MONTH RED CROSS MONTH
19 NATIONAL WOMEN'S HISTORY MONTH	20 Spring Begins Group Fitness BINGO	21 Colorful Crafts BINGO	22 Music Expression 	23 Mental Aerobics w/ Suzi Game Day	24 Birthday Party Fun! 	25 SOCIAL WORKERS MONTH
26	27 Current Events w/ Suzi BINGO	28 Body Dynamics w/ Suzi	29 National Doctor's Day Reminisce through Music	30 	31  CESAR E. CHAVEZ The Center is OPEN	Did you know? March was named for the Roman God "Mars"

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