

Mission Statement

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

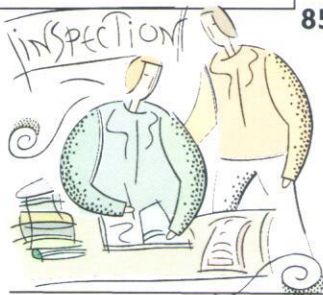


Neighborhood House Association Adult Day Health Care Center The RoundUp



September 2016

851 South 35th Street, San Diego, Cal 92113 (619) 233-6691 Fax (619) 233-6693



Let Us know if Help Needed with MTS Redetermination

Some of our participants are being notified that they need to re-new their MTS eligibility for transportation. Please let us know as we will be happy to assist with the renewal process.

Don't be left behind...Renew!

A Different look for new Medi-Cal Cards



In recognition of Medi-Cal's 50th Anniversary, the Benefits ID card is being redesigned. It will be provided to newly eligible recipients and those requesting replacement cards. There are no plans to provide these new cards to the entire Medi-Cal population.

Welcome Back Instructors

Adult Classes are in Session

It's a sign that summer is ending as it's Back to School time! A big hello again to teachers Jean Scott and Suzi Beach

Display Cases

Two display secured towers were generously donated to the center so that participants can bring in their personal artifacts to share.

Classes offered include Body Dynamics for the Aging Process, Musical Experience, Arts & Crafts, and Effective Communication.

The focus of the classes is for our participants to be active cognitively, socially, creatively and physically. Let's get busy!



ADHC Phone Numbers

OFFICE
619 233-6691

Including 24 hour Voice Mail

Transportation

MTS Access | 888 517-9627

Cancellation of a MTS Ride must be done as early as possible, but not later than 2 hours before your arranged pick-up time. Always call even if it is after the 2 hour requirement because a "late cancellation" is better than a NO SHOW. MTS will initiate a temporary suspension if you have 3 or more NO SHOWS in a month. Remember to cancel the return trip home as well if the cancellation is for the entire day.

LUNCH Entree

- 9/1 Potato Egg Scramble
- 9/2 Tuna Salad Sandwich
- 9/5 HOLIDAY- CLOSED
- 9/6 Curried Chicken
- 9/7 Taco Salad
- 9/8 Sesame Noodles
- 9/9 Beef Kabobs
- 9/12 Chicken Fajitas
- 9/13 Egg Salad Sandwich
- 9/14 Burrito

9/15 Chicken Tomato Pasta Bake

9/16 BBQ Chicken

9/17 Beef Picadillo

9/19 Turkey Cranberry Sandwich

9/20 Rotini & Beef Bolognese

9/21 Chicken Gumbo

9/22 Hot Pesto Chicken Pasta

9/23 Beef & Bean Taco

9/26 BBQ Chicken Wrap

9/27 Italian Pasta w/chicken

9/28 Beef Picadillo

9/29 Roasted Turkey

9/30 Black Bean Chili



SEPTEMBER



2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Daily Schedule: Java Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm</p>				<p>1 Group Walks BINGO</p>	<p>2 Current Events Music Hour</p>	<p>3 Healthy Aging Month </p>
<p>4</p>	<p>HAPPY LABOR DAY The Center is CLOSED</p>	<p>6 ECC Teachers!</p>	<p>7 Music & Memories w/ Jean </p>	<p>8 Morning Stretches BINGO</p>	<p>9 Healthy Aging w/ Suzi Arts & Crafts</p>	<p>10 National Hispanic Heritage Month</p>
<p>11 </p>	<p>12 BINGO</p>	<p>13 Spa Day! Stay Sharp w/ Brain Aerobics! </p>	<p>14 </p>	<p>15</p>	<p>16 Celebrate Mexican Independence Day w/ Danny Lopez! </p>	<p>17</p>
<p>18</p>	<p>19 Mood Boosters </p>	<p>20 Film of the week</p>	<p>21 Get Fit w/ Jean! Music Appreciation</p>	<p>22 Fall Begins Old School Platinum Group BINGO</p>	<p>23 Birthday Laughs with DW and company: Delightful, Wonderful Moments </p>	<p>24</p>
<p>25 </p>	<p>26 Trivia Hour BINGO</p>	<p>27 Movie Magic @ 1pm</p>	<p>28 Awaken Your Artistic side w/ Jean</p>	<p>29 Mood Boosting Moves w/ Suzi Fall Crafts</p>	<p>30 In the News w/ Suzi Relaxing Fall Crafts</p>	<p></p>