

### 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 2017

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



## HAPPY LABOR DAY WEEKEND!

Center Closed 9/4

## 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

## Keep a Medication Master List

A medication master list is a complete record of prescription, over-the counter, and supplements a specific individual takes. In addition other helpful information includes: Name of drug, correct dosages, drug storage requirements, possible side effects, drug interactions, what the drug is for, how, when and how long to take the drug and any special instructions. Please keep the center informed of any changes in your medications.

## Say Hello to our Interns

Welcome to our new SDSU Social Work Interns. They are Alex Tanon, Regina Nolte-Ware and Edelberto Mendoza. We're glad you are here!

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 Red Bean Soup

9/4 HOLIDAY- CLOSED

9/5 Rotini alla Bolognese

9/6 Lentil Soup

9/7 Hot Pesto Pasta

9/8 Bean & Beef Taco

9/11 Salvadoran Chicken

9/12 Balsamic Chicken

9/13 Beef Picadillo

9/14 Roasted Turkey

9/15 Black Bean Chili

9/18 Sicilian Meat Sauce

9/19 Baked Jerk Chicken

9/20 BBQ Beef Burger

9/21 Herb Roasted Turkey

9/22 Tuna Salad Sandwich

9/25 Mary's Famous Chili

9/26 Chicken Curry Sandwich

9/27 Taco Salad

9/28 Sesame Noodle

9/29 Beef Kabobs (meatballs)



# September



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Daily Schedule: Java Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm			Group Walks 	1 Current Events Arts/crafts	2 Healthy Aging Month	
3	 The Center is CLOSED	4 <b>WELCOME BACK!</b> ECC Teachers!	5 Music & Memories w/ Jean	6 Morning Stretches BINGO	7 Healthy Aging w/ Suzi Arts & Crafts	8 National Hispanic Heritage Month	
10	 Healthy Aging w/ Suzi BINGO	 Music Therapy Arts & Crafts	11 Vitality & Flexibility w/ Jean	12 Releasing STRESS w/ Suzi 	13 Celebrate Mexican Independence Day w/ Danny Lopez! 	14 15 16	
17	Mood Boosters 	18 Film of the week	19 Get Fit w/ Jean! Music Appreciation	20  Old School Platinum Group BINGO	21  Stretch It w/ Jean!	22 23	
24	 Trivia Hour BINGO	 Movie Magic @ 1pm	25 Awaken Your Artistic side w/ Jean	26 Mood Boosting Moves w/ Suzi Fall Crafts	27 In the News w/ Suzi Relaxing Fall Crafts	28 	29

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