

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**



**August
2018**

851 South 35th Street, San Diego, CA 92113 (619) 233-6691

**ADHC SUMMER FUN INCLUDES
YOUNG & SEASONED GENERATIONS**



This summer, the center has young visitors from all over the country plus local volunteers. Our thanks to Youth-Works, Inc. whose campers combine San Diego Style fun and volunteer service helping in the ADHC program.

Says teenagers from Arizona "We're so glad to be here and near the beach!" We also have volunteers Amy Truong from UCSD and Veronica Lua who are working towards their career goals

and enhancing people skills. Judging from their bright smiles, participants are enjoying the extra TLC & attention.

Mark your Calendars for these special events. August 16 wear your dancing shoes and boogie with The Old School Platinum group.

On August 24, the program will have a BBQ/Birthday Party with the entertainment of Juan Robles. Our beautiful new courtyard is the setting!

Breaking News!

Participants now have the option of using their Medi-Cal Managed Care Programs (MCP) to access free transportation services. Trips through your MCP may even be an individualized trip instead of the shared ride trip on Access. Call your MCP to see if you qualify for this alternative transportation service. For more information, feel free to also contact the ADHC social workers.



Hot Weather Tips

- *Dress in lightweight clothing.
- *Stay out of the sun during the hottest hours.
- *Stay well hydrated.
- *Avoid hot foods and heavy meals.
- *Mosquitos might be active on hot days during early morning hours and twilight. Avoid contracting West Nile Virus by staying indoors.

AUGUST MAIN ENTREES

- 8/1 BBQ Beef Burger
- 8/2 Roasted Turkey
- 8/3 Tuna Sandwich
- 8/6 Beef, Bean Chili
- 8/7 Chicken Sandwich
- 8/8 Taco Salad
- 8/9 Noodles & Chicken
- 8/10 Beef Kabobs
- 8/13 Grilled Chicken
- 8/14 Stewed Beef
- 8/15 Beef Burrito
- 8/16 Paprika Chicken
- 8/17 Beef & Bean Soup
- 8/20 Turkey Sandwich
- 8/21 Rotini & Beef
- 8/22 Lentil Soup
- 8/23 Baked Chicken
- 8/24 BBQ DAY
- 8/27 Chicken Sandwich
- 8/28 Baked Chicken
- 8/29 Beef Picadillo
- 8/30 Roasted Turkey
- 8/31 Black Bean Chili





August

2018



Sun

Mon

Tue

Wed

Thu

Fri

Sat

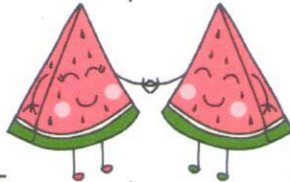
FLOWER:
SUNFLOWER

BIRTHSTONE:
PERIDOT

SIGN: LEO



1
Watermelon
Break!




2
Morning
Stretches
w/ Suzi

BINGO

3
TRIVIA
Summer
crafts w/
Ana



5
National
Sister's Day



6
Activities
for Your
Heart
w/ Suzi

BINGO



7
Special
Event:
The Old
School
Platinum
Group

8
Music
Therapy



9
Spiritual
Group w/
Henrietta @
12:45




NATIONAL
SANDWICH
MONTH

13
Current
Events

BINGO

14


Popsicle Day!



16
Special
Event:
The Old
School
Platinum
Group



18
NATIONAL
EYE
EXAM
MONTH

19


20
Physical
Conditioning
Brain
Teasers

21
Group
Fitness

Video of
the week

22
Hand-eye
Coordination:
balloon
volleyball

23
Spiritual
Group w/
Henrietta

BINGO

24
★BBO★
&
Birthday
Bash w/
Juan
Robles!




26
NATIONAL
PEACH
MONTH

27
Brain
Teasers

BINGO

28
Video
of the
Week

29
BOWLING!



30
Ageless
Fitness

BINGO



31
DAILY SCHEDULE:
Java Club: 9-11am
Group Exercise: 11-11:45am
Lunch: 12-1pm
Group Recreation: 1-4:30pm