



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 2018

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



A Total Redesign

Gardens Feature Exercise Track



After a month of patience, the wait was worth it! Participants & staff are excited to be unveiling a total redesign of the front yard area. It features a **walking track** which allows participants to get exercise and fresh air. New seating areas is under the shade of NHA Royal Blue umbrellas. Stone work and large terra cotta structures have been planted with flowers and shrubs. Two **raised bed gardens** will be planted with vegetables. Our tall stately palm trees remain on welcoming duty!

July
LUNCH

- 7/2 Famous Chili
- 7/3 Chicken Sandwich
- 7/4 **Holiday**—Closed
- 7/5/ Sesame Noodles
- 7/6 Beef Kabobs

- 7/9 Grilled Chicken
- 7/10 Stewed Beef
- 7/11 Beef Burrito
- 7/12 Paprika Chicken
- 7/13 Beef Bean Soup
- 7/16 Turkey Sandwich
- 7/17 Rotini with Beef
- 7/18 Lentil Soup
- 7/19 Pasta & Chicken
- 7/20 Beef Taco
- 7/23 Chicken Sandwich
- 7/24 Baked Chicken 
- 7/25 Beef Picadillo
- 7/26 Roasted Turkey
- 7/27 Black Bean Chili
- 7/30 Meat Sauce & Pasta
- 7/31 Jerk Chicken



We Are Closed!

**A Belly Good Time!
Father's Day Bash**

Serena and her Belly Dancers visited us last month. Their colorful costumes, tamborines and dancing drew smiles of enjoyment. Treat of the day was Beer, that is **ROOT BEER FLOATS!**

STAFF LIST

- Jennifer Hurlow-Paonessa, LCSW, Director
- Betty Tuyay, MSW
- Josefina Andersen, RN
- Ana Parramore, BSW, Act. Coord.
- Suzanne Beach, Act. Coord, COTA,
- Vicki Cydel, LVN
- Larry Love, Facilities, Program Aide



PROGRAM AIDES

- Patricia Finner, Rosemary Eneje, Harold Stepney, Anne Coleman, Gloria Galvan, Debbie Washington, Mary Boyd

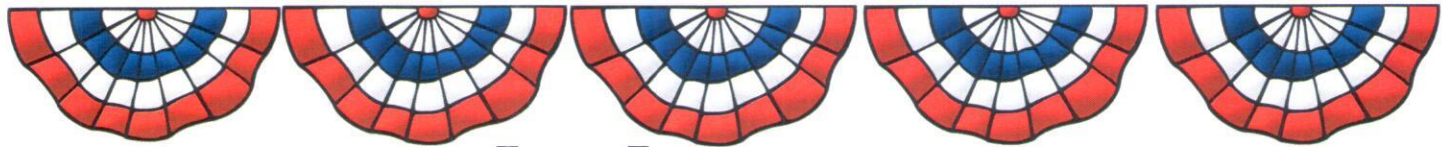
CONTRACT STAFF

- Carol Yount, ST
- Janet Lacey, OT, Arnold Lipschitz, Pharm.
- Joanne Robertson, DT, Lea Bishop, LCSW, Martha Villaescusa, PT
- Dr. Merritt Matthews— Medical Director





ECC INSTRUCTORS

- Suzi Beach, Jean Scott





July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Daily Schedule: Coffee Club: 9-11am Group Exercise: 11-11:45am Lunch: 12-1pm Group Recreation: 1-4:30pm</p>				 <p>DOG DAYS OF SUMMER</p>		
1	2 Morning Stretches 	3 Video of the Week	4  The Center is CLOSED	5 Spiritual Group @ 12:45 pm every Thursday	6 Effective Communication w/ Suzi	7  World Chocolate Day
8	9 Trivia Hour BINGO	10 Special Event: The Old School Platinum Group 	11 News Hour Music Therapy 	12 Mental Aerobics	13 Live well w/ Suzi Music & Memories w/Jean	14 National Hot Dog Month
15	16 Health Awareness 	17 National Sour Candy Day Video of the week	18 Music and Memories Summer Crafts	19 The Old School Platinum Group	20 National Ice Cream Soda Day! 	21
22 	23 Activities for Your Heart	24 Movie Hour Crafts w/ Jean	25 Fun Fitness Music Expression	26 Current Events BINGO	27  Birthday Bash!	29 Social Wellness Month
29	30 News Hour International Day of Friendship	<p style="text-align: center;">Summer Safety Tips</p> <ul style="list-style-type: none"> • 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 issues 				

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