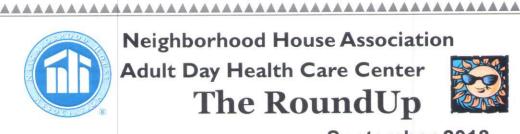
#### **Mission Statement**

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 2018





### HAPPY LABOR DAY WEEKEND!

Center Closed 9/3



#### WELCOME BACK TEACHERS!

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**

AAA

A medication master list is a complete record of prescriptions, 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 Social Work Interns. They are Amy **Truong from UCSD** and Graciela Huizar from SDSU!

Classes offered include: Musical Experience, Arts & Crafts, and Effective Communication & Health ED.

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



# **Diabetic** Education Class

A workshop featuring **Diabetes Empowerment** Education will be conducted at the Center for six weeks. Tonya L. Hale from the DEEP program will be teaching the 6 week session.

Anyone with diabetes or prediabetes can benefit from this class. You will enjoy a small group setting, learn tips and tricks for meal planning, gain tools to control blood sugars and set goals plus solve problems to make positive changes. Class will be held Mondays 9/10 thru 10/15 at 10 am to 11:30 am.

## **LUNCH** Entree

9/3/ Holiday—Closed

9/4 Jerk Chicken

9/5 Bbq Chicken

9/6 Herb Roast Chicken

9/7 Tuna Sandwich & Soup

9/10 Beef & Bean Chili

9/11 Chicken Sandwich

9/12 Taco Salad

9/13 Sesame Noodles

9/14 Beef Kabobs

9/17 Grilled Chicken

9/18 Stewed Beef

9/19 Burritos

9/20 Paprika Chicken

9/21 Red Bean & Beef Soup

9/24 Turkey Sandwich

9/25 Rotina with Beef

9/26 Lentil Soup w/ chicken

9/27 Pesto Pasta with Chicken

9/28 Bean & Beef Taco

# September 2018

	S. T. V.					
Sun	Mon	Tige	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	Current Events Arts/crafts	Healthy Aging Month
2	HAPPY LABOR DAY LABOR IS CLOSED	ECC Teachers!	Music & Memories w/ Jean	Morning Stretches BINGO	Healthy Aging w/ Suzi Arts & Crafts w/	HISPANIC HERITAGE MONTH
9  Condpared DAY  Can Stock Photo	Healthy Aging w/ Suzi BINGO	Old School Platinum Group	Vitality & Flexibility W/ Jean	Releasing Stress w/ Suzi	In the News w/ Suzi  Arts & Crafts	15
CELEBRATE INDEPENDENCE DAY	Mood Boosters  HAPPINESS IS YELLING	Film of the week	Get Fit w/ Jean! Music Appreciation	Current Events w/ Suzi	Fall Crafts w/ Jean Music Therapy	22 FALL
23	Trivia Hour BINGO	movie movie CLUB	Awaken Your Artistic side w/ Jean	Mood Boosting Moves w/ Suzi Fall Crafts	Birthday Bash w/ Danny Lopez!	29

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