

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

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



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

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 pre-diabetes 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

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>Group Walks</p> 	<p>Current Events</p> <p>Arts/crafts</p> 	1 <p>Healthy Aging Month</p>
2	 <p>The Center is CLOSED</p>	3 4 <p>Welcome Back ECC Teachers!</p>	5 <p>Music & Memories w/ Jean</p>	6 <p>Morning Stretches</p> <p>BINGO</p>	7 <p>Healthy Aging w/ Suzi</p> <p>Arts & Crafts w/</p>	8 
9	10  <p>Healthy Aging w/ Suzi</p> <p>BINGO</p> <p><small>© Can Stock Photo</small></p>	11  <p>Old School Platinum Group</p>	12 <p>Vitality & Flexibility w/ Jean</p>	13 <p>Releasing Stress w/ Suzi</p> 	14 <p>In the News w/ Suzi</p> <p>Arts & Crafts</p>	15 
16	17  <p>Mood Boosters</p> <p>HAPPINESS IS YELLING BINGO</p>	18 <p>Film of the week</p>	19 <p>Get Fit w/ Jean!</p> <p>Music Appreciation</p>	20 <p>Current Events w/ Suzi</p> <p>BINGO</p>	21 <p>Fall Crafts w/ Jean</p> <p>Music Therapy</p>	22 
23	24 <p>Trivia Hour</p> <p>BINGO</p>	25 	26 <p>Awaken Your Artistic side w/ Jean</p>	27 <p>Mood Boosting Moves w/ Suzi</p> <p>Fall Crafts</p>	28 <p>Birthday Bash w/ Danny Lopez!</p>	29 
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