

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**

**January
2019**

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

The New Year 2019 starts on a positive note. The Center had a very successful Holiday Season. **Family Night** was a fun event with dinner, music, dancing and camaraderie. We are very happy to report



Happy New Year

that our **Annual Draw** was a record year refilling our Enrichment Fund to over \$2000. This enables the participants to enjoy birthday cake celebrations, gifts during the holidays and special events/purchases. At the **Daytime Santa Claus Party**, St. Nick joined our energetic elves to pass out presents to each of our nice participants. Thank you to our generous sponsors, Board of Directors, staff, families and participants for your time, talent and treasured support!



JANUARY MENU

- | | |
|-----------------------|-------------------------|
| 1/1 Holiday—Closed | 1/16 Balsamic Chicken |
| 1/2 Beef Burrito | 1/17 Roasted Turkey |
| 1/3 Paprika Chicken | 1/18 Black Bean Chili |
| 1/4 Red Bean Soup | 1/21 Meat & Penne Pasta |
| 1/7 Turkey Sandwich | 1/22 Jerk Chicken |
| 1/8 Rotini Bolognese | 1/23 Bean & Beef Burger |
| 1/9 Lentil Soup | 1/24 Herb Roast Chicken |
| 1/10 Baked Chicken | 1/25 Tuna Sandwich |
| 1/11 Bean Beef Taco | 1/28 Famous Chili |
| 1/14 Chicken Sandwich | 1/29 Chicken Salad |
| 1/15 Beef Picadillo | 1/30 Taco Salad |
| | 1/31 Sesame Noodles |



NO WATER BOTTLES

Please be aware that due to sanitation considerations, water bottles will no longer be allowed at the center. A water cooler with cups are available as well as regularly served beverages.

STAFF LIST

Jennifer Hurlow-Paonessa, LCSW, Director
 Betty Tuyay, MSW
 Sharon Hansen RN
 Ana Parramore, BSW, Act. Coord.
 Suzanne Beach, Act. Coord.
 Isabel Marcha, COTA,
 Vicki Cydell LVN
 Larry Love, Facilities, Prog. Aide



PROGRAM AIDES

Patricia Finner, Mary Boyce, Rosemary Eneje, Anne Coleman, Debbie Weddington

CONTRACT STAFF

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

ECC INSTRUCTORS

Suzi Beach, Jean Scott

Interns: Graciela Huizar, Amy Truong





JANUARY 2019 HELLO WINTER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|--|---|
| | | 1 HAPPY NEW YEAR! The Center is CLOSED | 2 Welcome Back ECC Teachers! | 3 Current Events BINGO | 4 Morning Walks Winter Crafts | 5 Spiritual Group on Thursdays @ 12:45 |
| 6 Birthstone: Garnet Flower: Carnation | 7 Group Exercise BINGO | 8 Old School Platinum Group! | 9 Music & Memories | 10 Trivia | 11 Fitness Hour w/ Jean Healthy Living w/ Suzi | 12 |
| 13 December 23-Jan 20: Capricorn | 14 Morning Moves w/ Suzi BINGO! | 15 Brain Teasers Video of the week | 16 Art Therapy | 17 Brain Teasers BINGO | 18 Current Events Arts & Crafts | 19 Oatmeal Month |
| 20 | 21 Martin Luther King Jr. Birthday The Center is OPEN | 22 Video of the Week | 23 Group Fitness Winter Crafts w/ Jean | 24 Effective Communication W/ Suzi | 25 Monthly Birthday Party! | |
| 27 | 28 Beating the Blues With Exercise | 29 Trivia Hour Movie of the Week | 30 Brain Aerobics Music Hour | 31 Group Stretches | National Glaucoma Awareness Month | |
| | | | | ADHC Schedule: Coffee Club: 9-11am Group Fitness: 11-11.45am Lunch: 12-1pm Group Activities: 1-4.30pm | | |

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