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 **MARCH 2019**

619 233-6691 619 233-6693 (fax) adhc@neighborhoodhouse.org

851 South 35th St. San Diego, CA 92113



3/1 Tuna Sandwich

3/4 Famous Chili

3/5 Chicken Salad

3/6 Taco Salad

3/7 Noodles/ Chicken

3/8 Beef Kebabs

3/11 Chicken Taco

3/12 Stewed Beef

3/13 Beef Burrito

3/14 Paprika Chicken

3/15 Beef & Bean Soup

3/18 Turkey Sandwich

3/19 Rotini Bolognese

3/20 Lentil Soup

3/21 Pasta & Chicken

3/22 Beef/Bean Taco

3/25 Chicken Sandwich

3/26 Beef Picadillo

3/27 Balsamic Chicken

3/28 Coconut Chicken

3/29 Beef & Chili



March into Spring!

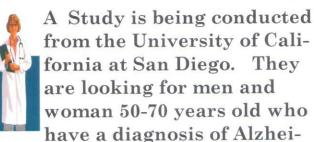
The Older the Fiddle, the Sweeter the Tune."



Brighter days are on the horizon. Change your clocks on Daylight Savings time March 10. St. Patrick's Day is March 17, remember to wear GREEN! We will soon have a "Spring" in our steps starting March 20. Come for a Walk!

Alzheimer's Disease Study





mer's Disease. You will be interviewed about your medical and neurologic history. Free FDA approved medication will be given for 24 weeks. A series of problem-solving tests will be conducted. Individuals can receive up to \$390 for your time, depending on eligibility. If interested, call (619) 543-2314 and answer a few questions to see if you qualify and set up an appointment.

BOOST YOUR

Clean, Organize and Make Room for New Growth

"Have a time and place for everything and do everything in its time and place, and you will not only accomplish more, but have far more leisure than those who are always hurrying, as if vainly attempting to overtake time that had been lost".

- Tyron Edwards CF



NHA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NHA is an equal opportunity provider and employer.