

ADHC INCLEMENT WEATHER POLICY

In the event of winter weather the voice mail at 459-7222 will be updated at 7:00am with a message if ADH will be closed or remain open.

If the center remains open:

- ◆ If you choose not to attend, you must call ADH to cancel your ride
- ◆ Buses will likely be delayed – please be patient
- ◆ Sidewalks/driveways/ramps need to be cleared to allow safe access
- ◆ If your location is on a hill or side street, buses may not be able to arrive safely
- ◆ Wheelchair service may be impacted
- ◆ Some locations may require caregiver assistance from door to bus
- ◆ Caregivers must remain at home until participants are picked up and be reachable throughout the day in case of early dismissal

If the center needs to close early: ADH will contact caregivers to notify of early dismissal, and a caregiver must be at the participant's home to receive the participant.

From all of us at ADH

Happy New Year!

2015



ADHC CONNECTION



THIS MONTH IS.....

NFC PLAYOFFS

BRAIN TEASER MONTH

START A BOOK CLUB MONTH

REMINISCENCE MONTH

MENTORING MONTH

ACTIVITY PROFESSIONAL WEEK (18-24)



MultiCare  MultiCare Adult Day Health Center
6442 S Yakima
Tacoma, WA 98408

BetterConnected (253) 459-7222
<http://www.multicare.org/home/adult-day-health>

AM Daily Schedule:

10:00 - 10:30am Meet and Greet
 10:45 - 11:15am OT Exercise
 12:15 - 1:00pm Lunch
 1:45 - 2:00pm Wrap it Up

JANUARY 2015

PM Daily Schedule:

2:30 - 3:30pm Meet and Greet
 3:30 - 4:00pm OT Exercise
 4:45 - 5:30pm Dinner
 6:15 - 6:30pm Wrap it Up

MONDAY TUESDAY WEDNESDAY THURSDAY

			<p>ADHC IS CLOSED TODAY</p>
<p>MUSIC & MOVEMENT / LINE DANCING 5</p> <p><u>AM PROGRAM</u> 11:00-12:00 M & M - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:15 - 4:00 Line Dancing - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>WELCOME BACK COLLEEN! / KARAOKE 6</p> <p><u>AM PROGRAM</u> 11:00-12:00 Welcome back Colleen - Big Room 1:00-1:45 Big Room, Ukulele Practice - OT</p> <p><u>PM PROGRAM</u> 4:00-4:45 Karaoke - Big Room 5:30-6:15 Group Game- Big Room</p>	<p>PACK UR BAG GAME / BOWLING 7</p> <p><u>AM PROGRAM</u> 11:15-12:00 Happy Birthday Elvis- Big Room 1:00 -1:45 Robyn's Jug Band Performance- Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Music with Robyn and Eileen - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>JUST FRIENDS / BINGO 8</p> <p><u>AM PROGRAM</u> 11:15-12:00 Performance: JUST FRIENDS- Big Room 1:00 -1:45 BINGO! - Big Room</p> <p>Connecting Caregivers - Alzheimer's Support Group 2:30-4:30pm</p>
<p>YAHTZEE 12</p> <p><u>AM PROGRAM</u> 11:15-12:00 Yatzee - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Yatzee - Big Room 5:30-6:15 Group Game- Big Room</p>	<p>CAREER DAY SHARING / DRUMMING 13 <small>WHAT JOB DID YOU RETIRE FROM / TRAIN AS WHEN YOU WERE YOUNGER</small></p> <p><u>AM PROGRAM</u> 11:15-12:00 Career Sharing-Big Room 1:00-1:45 Continue - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Drumming - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>MOVIE MATINEE 14</p> <p><u>AM PROGRAM</u> 11:15-12:00 Movie- Big Room 1:00 -1:45 Finish Movie - Big Room</p> <p><u>PM PROGRAM</u> 4:00-4:45 Movie- Big Room 5:30-6:15 Finish Movie - Big Room</p>	<p>JEOPARDY / BINGO 15</p> <p><u>AM PROGRAM</u> 11:15-12:00 Jeopardy - Big Room 1:00-1:45 BINGO!- Big Room</p>
<p>MUSIC WITH KARI / BINGO 19</p> <p><u>AM PROGRAM</u> 11:00-12:00 M & M w/ Kari - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Bingo - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>PICTIONARY / DANCE PARTY 20</p> <p><u>AM PROGRAM</u> 11:15-12:00 Pictionary- Big Room 1:00-1:45 Continue - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Dancing - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>BINGO / MUSIC AND MOVEMENT 21</p> <p><u>AM PROGRAM</u> 11:15-12:00 Bingo- Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Eileen and Kari- Big Room 5:30-6:15 Group Game - Big Room</p>	<p>TRIVIA / BINGO 22</p> <p><u>AM PROGRAM</u> 11:15-12:00 Trivia - Big Room 1:00-1:45 BINGO!- Big Room</p>
<p>POKER RUN / SINGING BEE 26</p> <p><u>AM PROGRAM</u> 11:00-12:00 Poker Run - Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Singing Bee- Big Room 5:30-6:15 Continue - Big Room</p>	<p>TOE TAPPIN' STEVE 27</p> <p><u>AM PROGRAM</u> 11:15-12:00 Group Game- Big Room 1:00-1:45 Music with Steve- Big Room,</p> <p><u>PM PROGRAM</u> 3:00-3:45 Music with Steve- Big Room 5:30-6:15 Group Game - Big Room</p>	<p>FOOTBALL / GROUP GAME 28</p> <p><u>AM PROGRAM</u> 11:15-12:00 Football- Big Room 1:00 -1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u> 3:00-3:45 Game - Big Room 5:30-6:15 Group Game - Big Room</p>	<p>BINGO 29</p> <p><u>AM PROGRAM</u> 11:15-12:00 Group Game - Big Room 1:00-1:45 BINGO!- Big Room</p>

ADHC RULES & EXPECTATIONS

The following rules and expectations have been established to ensure the safety and well being of our participants and staff.

- ◆ Clothing: Clothes should be clean and fit properly. No halter tops, tank tops or bare midriff blouses are permitted. The length of shorts must be just above the knee.
- ◆ We encourage proper grooming and hygiene practices.
- ◆ Please wear comfortable, closed toed shoes appropriate for walking in the center. No flip flops, sandals, or crocs.
- ◆ You may bring your own water bottle or juice bottle. No soda, caffeinated or sugary drinks are allowed in the center.
- ◆ Do not share snacks, candy or food with other participants.
- ◆ No kissing, hugging or inappropriate touch is permitted. Socialization and friendships are encouraged at the center, but dating must take place outside the center.
- ◆ If you use a power wheelchair, please keep your speed low and use caution in the center.
- ◆ Be respectful of fellow participants and their abilities. We are here to be supportive and helpful to each other.
- ◆ Foul language and combative behavior is unacceptable.
- ◆ Please try to limit the use of cell phones while at the center. If you need to use your cell phone please move to the lobby or quiet room.
- ◆ Open group discussion of politics or religion is discouraged at the center.
- ◆ If you have any questions regarding the center rules, please contact your case manager.

Thank you for choosing ADHC!