

## ADHC POLICIES

Please review the weather and sick policies below to ensure everyone's safety!

### 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.

### ADHC SICK POLICY

If you are ill, please stay home from ADHC Programs until you are well enough to return. It is very important that we try to keep everyone healthy and not spread germs at the center.

#### ADHC Staff will call caregivers to pick up their participant if:

- ◆ If you are coughing or sneezing openly and not able to cover your mouth.
- ◆ If you have a fever, are vomiting or have diarrhea.
- ◆ If you are too ill to participate in therapy or activities.

**If the participant is sent home and no one is able to pick up the participant then a special transport will be arranged with Local Motion. The special transport fee will be the caregiver's responsibility and the caregiver will be billed for the full amount.**

We want to ensure that everyone who attends ADHC Programs can do so without the risk of becoming ill. Our nurses on staff are here to ensure the safety and health of participants while attending the center, but are not here to diagnose illness. If you are sick and need to be examined, please see your doctor or go to an Urgent Care Clinic.

## HEALTHY TIPS & RECIPE FROM JAMES

### Brussels Sprouts

#### Ingredients:

1 pound cooked or roasted Brussels sprouts	¼ cup fat free sour cream
1 tablespoon horseradish	3-4 strips of crumbled bacon

#### Directions:

Mix all ingredients together and serve warm.

#### Nutritional Benefits:

Brussels sprouts are low in Saturated Fat, and very low in Cholesterol. It is also a good source of Thiamin, Riboflavin, Iron, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese. Bacon is a good source of protein, and sour cream is a good source of calcium.

#### Wellness Tip:

Thinking of trying a New Year's resolution? Here are some methods to increase the chances of succeeding! 1. Find a partner to work toward the same or similar goal. They will help to hold you accountable. 2. Track your progress, for example if your goal is to quit smoking, start tracking the number of cigarettes a day that you smoke. Over time you will be able to track the progress. 3. Make small, attainable steps towards your larger goal. If your goal is lose 10 pounds, then your steps could be in 2 pound increments.

\*Before starting any diet or exercise program please consult your physician.  
James Ingram, Exercise Specialist. 253.459.7222, james.ingram@multicare.org

# ADHC CONNECTION



Brain Teasers Month

Creativity Month

New Beginnings Month

Folk Music and Dance Month

Trivia Month

Hot Tea Month

Family Fit Lifestyle Month

Activity Professional Week (Jan 20-26)



MultiCare 

BetterConnected

MultiCare Adult Day Health Center

6442 S Yakima

Tacoma, WA 98408

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

**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

# JANUARY 2013

**MONDAY TUESDAY WEDNESDAY THURSDAY**

**PLEASE NOTE:**  
 The new ADHC Guide to Express Transportation Service Brochure is enclosed! Please read carefully so you are aware of the transportation policies and procedures.

**MUSIC & MOVEMENT/ LINE DANCING 7**

**AM PROGRAM**  
 11:15-12:00 Music with Robyn and Eileen - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 3:15-4:00 Line Dancing- Big Room  
 5:30-6:15 Group Game - Big Room

**MUSIC & MOVEMENT / BOWLERAMA 14**

**AM PROGRAM**  
 11:00-12:00 Music with Robyn and Eileen - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Bowlerama - Big Room  
 5:30-6:15 Group Game - Big Room

**MARTIN LUTHER KING JR. 21**

**AM PROGRAM**  
 11:15-12:00 I Have a Dream - Big Room  
 1:00 -1:45 Group Game - Big Room


**PM PROGRAM**  
 4:00-4:45 I Have A Dream - Big Room  
 5:30-6:15 Group Game - Big Room

**KAZOO DAY 28**

**AM PROGRAM**  
 11:15-12:00 Kazoos For You! - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Kazoos For You! - Big Room  
 5:30-6:15 Group Game - Big Room

**HAPPY NEW YEAR 1**



**ADHC IS CLOSED TODAY FOR NEW YEAR'S DAY**

**HAPPY BIRTHDAY ELVIS / PARROTS! 8**

**AM PROGRAM**  
 11:15-12:00 Happy Birthday Elvis- Big Room  
 1:00-1:45 Group Game / Bell Choir - Big Room

**PM PROGRAM**  
 3:30-4:45 Debbie The Parrot Lady - Big Room  
 5:30-6:15 Group Game- Big Room

**MODERN MARVELS 15**

**AM PROGRAM**  
 11:15-12:00 Modern Marvels and Discussion - Big Room  
 1:00-1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Modern Marvels - Big Room  
 5:30-6:15 Group Game - Big Room

**BOCCE BALL TOURNAMENT 22**

**AM PROGRAM**  
 11:15-12:00 Modern Marvels and Discussion  
 1:00-1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Modern Marvels  
 5:30-6:15 Group Game - Big Room

**TEA & TRIVIA TUESDAY 29**

**AM PROGRAM**  
 11:15-12:00 Tea & Trivia Tuesday - Big Room  
 1:00-1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Tea & Trivia Tuesday - Big Room  
 5:30-6:15 Group Game - Big Room

**2013 MOBILES 2**

**AM PROGRAM**  
 11:15-12:00 Making Mobiles - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 3:00-4:00 Music & Movement with Robyn & Eileen  
 5:30-6:15 Group Game - Big Room

**WACKY WARDOBE WED/ MUSIC CLASS 9**

**AM PROGRAM**  
 11:15-12:00 Wacky Winter Wardrobe Game - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 3:00-4:00 Music & Movement with Robyn & Eileen  
 5:30-6:15 Group Game - Big Room

**BOWLERAMA / MUSIC & MOVEMENT 16**

**AM PROGRAM**  
 11:15-12:00 Bowlerama - Big Room  
 1:00 -1:45 Group Game- Big Room

**PM PROGRAM**  
 3:00-4:00 Music & Movement with Robyn & Eileen  
 5:30-6:15 Group Game - Big Room

**MOVIE MATINEE 23**

**AM PROGRAM**  
 11:15-12:00 Movie Matinee - Big Room  
 1:00 -1:45 Finish Movie - Big Room

**PM PROGRAM**  
 4:00-4:45 Movie Matinee - Big Room  
 5:30-6:15 Finish Movie - Big Room

**WINTER CRAFTS 30**

**AM PROGRAM**  
 11:15-12:00 Getting Crafty - Big Room  
 1:00 -1:45 Group Game - Big Room

**PM PROGRAM**  
 4:00-4:45 Getting Crafty - Big Room  
 5:30-6:15 Group Game - Big Room

**SPAGHETTI DAY 3**

**AM PROGRAM**  
 11:15-12:00 Spaghetti Twisting Contest - Big Room  
 12:45-1:45 BINGO! - Big Room

**PM PROGRAM**  
 4:00-4:45 Dance Party - Big Room  
 5:30-6:15 Group Game - Big Room

**JUST FRIENDS SINGERS/DANCE PARTY 10**

**AM PROGRAM**  
 11:15-12:00 Performance: JUST FRIENDS- Big Room  
 12:45-1:45 BINGO! - Big Room

**PM PROGRAM**  
 4:00-4:45 Dance Party - Big Room  
 5:30-6:15 Group Game - Big Room  
 4:30-6:00 Connecting Caregivers - Alzheimer's Support Group

**TOE TAPPIN' TUNES WITH STEVE 17**

**AM PROGRAM**  
 11:15-12:00 Steve's Tunes - Big Room  
 1:00-1:45 BINGO! - Big Room

**PM PROGRAM**  
 4:00-4:45 Dance Party - Big Room  
 5:30-6:15 Group Game - Big Room

**JEOPARDY 24**

**AM PROGRAM**  
 11:15-12:00 Jeopardy - Big Room  
 12:45-1:45 BINGO! - Big Room

**PM PROGRAM**  
 4:00-4:45 Dance Party - Big Room  
 5:30-6:15 Group Game - Big Room

**JACKIE ROBINSON'S BIRTHDAY 31**

**AM PROGRAM**  
 11:15-12:00 Dice Baseball - Big Room  
 12:45-1:45 BINGO! - Big Room

**PM PROGRAM**  
 4:00-4:45 Dance Party - Big Room  
 5:30-6:15 Dice Baseball - Big Room

**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!**