

## ADHC ANNOUNCEMENTS

**Personal Items:** We strongly discourage participants bringing personal items such as cell phones, ipods, headphones, etc. to the center. These types of items can get lost easily and it is the participant's responsibility to keep track of these items. ADHC staff is not responsible for lost or stolen items. Also, please make sure that your name is on all of your belongings especially hats, coats, and bags.



The ADHC staff asks that participants NOT wear any perfumes or colognes to the center. Some of our participants are sensitive to or allergic to cologne or perfume and it can be uncomfortable for them to be around strong smells. Thank you!

## HEALTHY TIPS & RECIPE FROM JAMES

### Gluten Free Brownies

#### Ingredients:

- 1 (15 1/2 oz.) can black beans, rinsed and drained
- 3 eggs
- 3 tbsp. vegetable oil
- 1/4 c. cocoa powder
- 1 pinch salt
- 1 tsp. vanilla extract
- 1/4 c. white sugar
- 1/2 c. applesauce
- 1 tsp. instant coffee
- 1/2 c. chocolate chips



#### Directions:

Preheat oven to 375 degrees. Lightly grease an 8 x 8 in. square baking dish. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, applesauce, and instant coffee in a blender. Blend until smooth. Pour the mixture into the baking dish. Sprinkle chocolate chips over the top. Bake for about 30-45 minutes until edges start to peel away from the sides of the pan.

#### Health Tip:

Our health is directly related to the environment around us. There is an easy solution to make the environment around us healthier. NASA research has yielded results that can improve the quality of air in your house by removing harmful pollutants. By having plants such as Areca Palm, Bamboo Palm, Chinese Evergreen, Cornstalk Dracaena, Elephant Ear Philodendron and English Ivy in your house, oxygen is produced and Carbon Dioxide is recycled.

**\*Before starting any diet or exercise program please consult your physician.**  
**James Ingram, Exercise Specialist. 253.459.7222,**  
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# ADHC CONNECTION



Greek Heritage Month

Irish-American Heritage Month

Spring into Spring Month

Women's History Month

Dominoes Month

Nutrition Month

Social Workers Month

Music Therapist Month

Red Cross Month



**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

# MARCH 2013

**MONDAY TUESDAY WEDNESDAY THURSDAY**

<p><b>MUSIC &amp; MOVEMENT / LINE DANCING 4</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Music with Robyn and Eileen - 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><b>WHAT'S THE WORD? 5</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Ever-Changing Words Discussion - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Wheel of Fortune - Big Room                  5:30-6:15 Group Game- Big Room</p>	<p><b>MICHELANGELO'S BIRTHDAY 6</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Painting a Masterpiece! - Big Room                  1:00-1:45 Finish Painting - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Painting a Masterpiece! - Big Room                  5:30-6:15 Finish Painting - Big Room</p>	<p><b>INTERNATIONAL WOMEN'S DAY 7</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Women in History Trivia - Big Room                  1:00-1:45 BINGO! - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Dance Party - Big Room                  5:30-6:15 Group Game- Big Room</p>
<p><b>MUSIC &amp; MOVEMENT/ST. PATTY'S PARTY 11</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Music with Robyn and Eileen - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 St. Patrick's Day Party - Big Room                  5:30-6:15 Group Game - Big Room</p>	<p><b>DAFFODIL PRINCESSES / BINGO 12</b></p> <p><u>AM PROGRAM</u>                  10:30-11:30 Daffodil Princesses - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 BINGO - Big Room                  5:30-6:15 Group Game- Big Room</p>	<p><b>ST. PATTY'S PARTY/MUSIC &amp; MOVEMENT 13</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 St. Patrick's Day Party - Big Room                  1:00-1:45 Group Game- Big Room</p> <p><u>PM PROGRAM</u>                  3:00-4:00 Music &amp; Movement with Robyn &amp; Eileen                  5:30-6:15 Group Game - Big Room</p>	<p><b>JUST FRIENDS / DANCE PARTY 14</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Performance: JUST FRIENDS- Big Room                  1:00-1:45 Luck o' the Irish BINGO! - Big Room</p> <p><u>PM PROGRAM</u>                  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</p>
<p><b>MOVIE MATINEE 18</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Movie Matinee - Big Room                  1:00-1:45 Finish Movie - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Movie Matinee - Big Room                  5:30-6:15 Finish Movie - Big Room</p>	<p><b>MARCH MADNESS/ STEVE'S TUNES 19</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 March Madness Basketball Shoot - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Toe Tappin' Tunes with Steve - Big Room                  5:30-6:15 March Madness Basketball Shoot - Big Room</p>	<p><b>SPRING HAS SPRUNG/PM ANNIVERSARY 20</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Spring into Action!- Big Room                  1:00-1:45 Group Game- Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 PM Anniversary Dance Party- Big Room                  5:30-6:15 Group Game - Big Room</p>	<p><b>TOE TAPPIN' TUNES WITH STEVE 21</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Steve's Tunes - Big Room                  1:00-1:45 BINGO!- Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Dance Party - Big Room                  5:30-6:15 Group Game - Big Room</p>
<p><b>MUSIC &amp; MOVEMENT / EASTER BASKETS 25</b></p> <p><u>AM PROGRAM</u>                  11:00-12:00 Music with Robyn and Eileen - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Easter Baskets - Big Room                  5:30-6:15 Group Game - Big Room</p>	<p><b>MEMORY SINGERS/ KARAOKE 26</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Memory Singers - Big Room                  1:00-1:45 Group Game - Big Room, Bell Choir - OT</p> <p><u>PM PROGRAM</u>                  3:00-3:45 Karaoke- Big Room                  5:30-6:15 Group Game - Big Room</p>	<p><b>EASTER BASKETS / MUSIC &amp; MOVEMENT 27</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Easter Baskets - Big Room                  1:00-1:45 Group Game - Big Room</p> <p><u>PM PROGRAM</u>                  3:00-4:00 Music with Robyn &amp; Eileen - Big Room                  5:30-6:15 Group Game - Big Room</p>	<p><b>HOPPY EASTER 28</b></p> <p><u>AM PROGRAM</u>                  11:15-12:00 Hoppy Easter! - Big Room                  1:00-1:45 BINGO! - Big Room</p> <p><u>PM PROGRAM</u>                  4:00-4:45 Dance Party - Big Room                  5:30-6:15 Group Game - 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!**

