

**Coastside Adult Day
Health Center**

925 Main Street Half Moon Bay
650-726-5067

MAY 2019



Pages for all Ages

*Rough winds do shake the
darling buds of May
~William Shakespeare*



May Day



***After this long rainy winter,
who is ready for Spring?***

We are always so impressed by everyone's
commitment to attend the program,
even when the weather is windy and wet!

It's not easy to crawl out of our beds
when there is rain pelting our windows.

But every day, our loyal participants muster what it
takes to get up, get dressed, get their breakfast
and make their way to the bus.

Thank you to all of you for your dedication to your
health, well-being and to our program!

We hope that most of that rough weather is behind us
and we can enjoy some sunshine-y days ahead!

(Well, except for the fog ☺)



Getting to Know You

Who is the Dalai Lama?

As you can see, we quoted the Dalai Lama at the bottom of the page. His Holiness, the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. In fact, he is the spiritual leader of Tibet. In 1959, he was forced into exile by Chinese troops and has had to live outside Tibet since that time. He is quoted as saying "My religion is kindness".



Do you know someone who might be able to volunteer with us a few hours each week? If so, have them call Chase Montara RN, our Program Director @ 726-5067. There are many opportunities. Thanks!



Health Topic: COMPASSION



Our Health Topic this month was compassion.

First we asked, what IS compassion?

Compassion is the feeling that arises when we see someone in need and we are motivated to help them.

You might be curious how compassion is related to our health.

Research has shown that when we feel compassion, our heart rate can slow down and our bodies secrete the "bonding" hormone called oxytocin, which helps us to connect to others. Regions in our brains known as the pleasure centers "light up" and we gain a feeling of physical feeling of well-being.

By helping others, we help ourselves!

We watched a touching video about a little girl at Disneyland who fell while running to her favorite character, Stitch.

When Stitch saw her fall, Stitch pretended to fall, too, so the little girl would not feel badly about falling.

This is compassion and we all have many opportunities every day to show compassion to others.

Be sure to notice those opportunities to offer compassion and notice when others show compassion to you.

It's good for your health!



"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

- Dalai Lama

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JUNE 2019

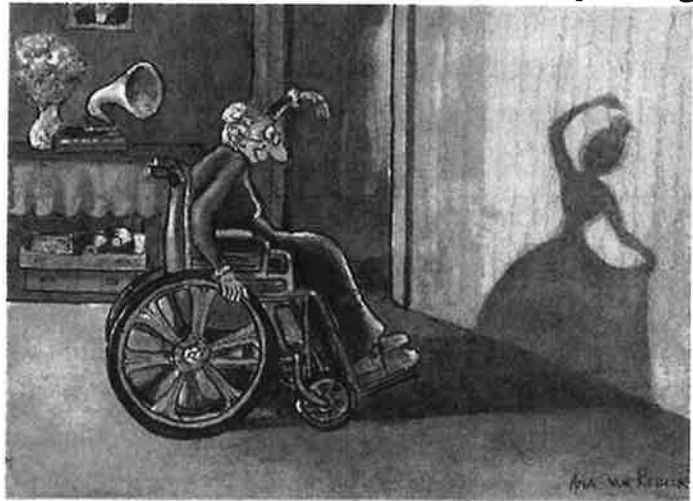


Pages for all Ages

"You only live once, but if you do it right,
once is enough."
— Mae West



How you see yourself is everything!



Would you agree?

You can see by this person's smile that imagining herself as a ballet dancer makes her happy. Do you think that in this moment, she is focused on any pain she has, or about how old she is? It seems she is living in the freedom she is creating.

How do you see yourself today?

Getting to Know You

*Welcome to
Becky Riemer!*

Becky is our new part-time nurse, who will be filling in for Raine (who is leaving for a job in San Francisco where she lives). Becky lives in Half Moon Bay with her husband, Kirk. They have two wonderful children. Becky enjoys walking, reading and watching movies.

We are happy to have Becky join us! Please make sure to introduce yourself to Becky and help her to feel welcome!



Do you know someone who might be able to volunteer with us a few hours each week? If so, have them call Chase Montara RN, our Program Director @ 726-5067. There are many opportunities. Thanks!



And Now for Some Jokes!



"When you are dissatisfied and would like to go back to youth, think of Algebra."

- Will Rogers

I CALLED THE
INCONTINENCE HOTLINE...



THEY ASKED,
"CAN YOU HOLD PLEASE?"

Remembering my Dad on Father's Day

Robert Wingate Noyes. His friend's in college called him "Windy". I called him Dad. Dad worked hard at his job as an insurance salesman so that his family could have everything they wanted, even a summer cottage on Cape Cod. He would have much preferred to be a journalist. On Christmas day, we didn't give Dad any of his presents that were books, because as soon as we did, he would bury his nose in the book and read for the rest of the day. Dad had a great sense of humor and my Mom played the role of Gracie Allen to his George Burns. Dad snored and one evening, my mother saw an advertisement on TV for a chin strap contraption that would eliminate snoring. She said "Look, dear!

You wear it all night and it keeps your mouth closed!" Dad quipped "I'll wear it all night, if you wear it all day." Everyone, including Mom, laughed and laughed. Dad loved sailing. He also loved nature. He would show me where the osprey's nest was and point out fox tracks in the snow. Every year around this time of year, I look for the osprey's nest and think of my Dad and say

"Thanks for everything, Dad!"

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July 2019



Pages for all Ages

"America is a tune. It must be sung together." ~ Gerald Stanley Lee



JUNETEENTH Celebration!

On June 19th, we celebrated our first JUNETEENTH celebration.



While this day is a recognized holiday in many states, some folks may have never heard about Juneteenth. Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. It's important to note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. We celebrated the day with a delicious BBQ. Debbie shared the history of Juneteenth and read some folk stories.

We watched a video about the poem "And Still I Rise" by Maya Angelou.

And we sang some freedom songs together.

We all learned a lot about this aspect of history and we look forward to this to becoming an annual celebration!

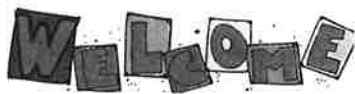
Getting to Know You!

You may have noticed we have some new faces joining our program in the past few months.

Our policy is "The more the merrier!" We are so pleased to welcome our new participants.

Please feel free to ask lots of questions. All the staff is very happy to help you learn the ropes. "Old timers"—do you remember what it was like on your first few days at the Center? It can be hard to learn names and to find your way around at first in any new situation. We want to thank everyone for making our new participants feel welcome. There will be more new faces in July!

A HEARTFELT WELCOME TO ALL!



We appreciate all of our volunteers!! Some help us answer phones, set up our lunch tables, serve lunch, assist with BINGO, and provide entertainment. A big thank you from all of us!



An exciting new addition to our JULY calendar :

Allison Lovejoy from Foothill College will be starting a Music Appreciation class on Wednesdays, beginning on July 3rd. Allison is an award-winning classical pianist and we are very fortunate that she will be joining us each Wednesday.

She will play a variety of music for us throughout our lunchtime period.

After lunch, she will begin the Music Appreciation class.

All are invited and welcome to attend.



Available Resources in San Mateo County

We are very fortunate to live in San Mateo County where there are many resources available to all of us and especially to seniors. Aging and Adult Services is a Division of the San Mateo County Health System and they offer a wide range of services, from the 24-hour TIES information line to Adult Protective Services and In-Home Support Services. They also offer the Multipurpose Senior Services Program (MSSP) which offers case management. Other agencies include the Area Agency on Aging, which offers a network of community-based services to seniors and the disabled. There are agencies devoted to dementia care, such as the Alzheimer's Association and the Family Caregiver Alliance. When you first enrolled, you were given a brightly colored booklet listing all these services and more. If you have any questions about services that might be available to address a need you have, you can always speak to Lynne Siracusa, our Social Worker.

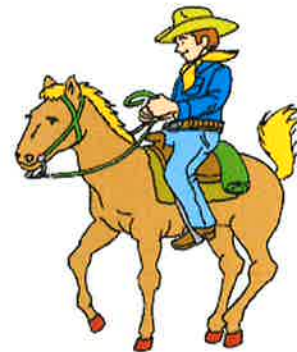


AUGUST 2019



Pages for all Ages

August is like the
Sunday of Summer!



Howdy Podners!

*On July 25th, we celebrated our second annual
WESTERN THEME DAY!*

*This is becoming a favorite event for us here.
Debbie does a great job decorating in a Western
motif, and folks come dressed in Western gear.
Dr. Mark Heath, a local chiropractor, brings his
guitar and entertains us with music and song.*

He is a great story-teller, too!

*We had a BBQ with hotdogs and baked beans and
blueberry cobbler for dessert.*

*We sang Western songs and the staff performed a
few Western line dances, too!*

We all look forward to next year's "round up"!

Something New!

Debbie, our Activity Director, felt that we hear enough bad news every day. So she has added a segment she calls "The Good News Network". She gathers "feel good" stories and shares them during morning coffee/tea social. Recently, she shared a story about an artist who installed pink seesaws between the slats in the wall between Mexico and the U.S. Children from both countries, though separated by the wall, could play with each other on the seesaws. Reactions to the "Good News Network" stories have been very positive and we hope you enjoy them!



We appreciate all of our volunteers!! Some help us answer phones, set up our lunch tables, serve lunch, assist with BINGO, and provide entertainment. A big thank you from all of us!



A little reminder.....

We all know that accidents happen.
It is just a fact of life.

Milks spills, ice cream drips....

In case of accidents like this, we ask that everyone provide an extra set of clothes that we can store here at the Center. Just in case..... Many people already have provided an extra set of clothes. But if you haven't, please bring in a set. If you are not sure if you have given us an extra set of clothes, just ask Chase!



We look forward to our annual LUAU!



In the spirit of Aloha, we will host our Hawaiian Theme Day which is coming up in August. Last year, we had wonderful entertainment and delicious food --all with a Hawaiian theme! The date will be announced once Debbie is able to confirm the dates with the entertainers.

We will keep you posted!



September 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| <p>LABOR DAY</p>  <p>Closed</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Black Jack w/Ray Baking w/Mardelia Art, Puzzles and more... Black Jack w/Benson Texas Hold'em Poker What's My Line/Password Recalling Famous People</p> | <p>Coffee, Tea OR Hot Chocolate Social Reality Orientation Relax Techniques w/Sue Black Jack with Ray Music Appreciation w/Ander Art, Puzzles, Reading Spiritual Group w/Chase Texas Hold'em Poker Quiet Room Activities</p> | <p>Coffee/Tea Social Reality Orientation Occupational Ther w/Leda Speech Therapy w/Ruth Bingo w/Robin Black Jack w/Ray Chair Exercises ROM Piano with Peter Quiet Room Activities</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Occupational Ther w/Leda Black Jack w/Ray Art, Puzzles, Games Ice Cream Social Friday Matinee Texas Hold'em Poker Quiet Room Activities</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p>Coffee/Tea Social Reality Orientation Bingo w/Robin Black Jack w/Ray Chair Exercises ROM Resident Council Tai Chi w/Lynne Password/Dictionary Making Paper Flowers Classical Scapes</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Black Jack with Ray Art, Puzzles and more "Karaoke Ron" sings Black Jack w/Benson Texas Hold'em Poker Knitting/Crocheting Grp Quiet Room Activities</p> | <p>Coffee, Tea OR Hot Chocolate Social Reality Orientation Relax Techniques w/Sue Black Jack with Ray Art, Puzzles, Reading Allison's Music Appreciation Spiritual Group w/Chase Texas Hold'em Poker Quiet Room Activities</p> | <p>Luau Coffee/Tea Social Reality Orientation Occupational Ther w/Leda Aloha Memory Game Hawaiian Dancers Mai Tai's Special Hawaiian Dessert Ukulele Steve & Jocelyn</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Occupational Ther w/Leda Speech Therapy w/Ruth Black Jack w/Ray Art, Puzzles & more... Ice Cream Social Coastside Threshold Choir Texas Hold'em Poker</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p>Coffee/Tea Social Reality Orientation Bingo w/Robin Black Jack w/Ray Art, puzzles, games Chair Exercises ROM "What do you think?" Tai Chi with Lynne Yahtzee, Scrabble, Checkers Quiet Room Activities</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Speech Therapy w/Ruth Black Jack & more... Baking with Ray Black Jack w/Benson Texas Hold'em Poker Brain Games Classical Scapes</p> | <p>Coffee, Tea OR Hot Chocolate Social Reality Orientation Relax Techniques w/Robin Black Jack w/Ray Puzzles & Crafts Coastside Celtic Combo Spiritual Group w/Chase Texas Hold'em Poker</p> | <p>Coffee/Tea Social Reality Orientation Bingo w/Robin Black Jack w/Ray Chair Exercises ROM Piano with Peter Men's Group w/Jim Ping Pong / Pool Quiet Room Activities</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Occupational Th w/Leda Black Jack w/Ray Collage Art Ice Cream Social Texas Hold'em Poker Sing Along w/Ray Quiet Room Activities</p> |
| 23 | 24 | 25 | 26 | 27 |
| <p>Coffee/Tea Social Reality Orientation Bingo w/Robin Black Jack w/Ray Arts, Crafts, Puzzles Chair Exercises ROM Jingo with Ray Knitting/Crocheting/Crafts Quiet Room Activities</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Black Jack with Ray Art, Puzzles and more. "Karaoke Ron" sings Black Jack w/Benson Texas Hold'em Poker Knitting/Crocheting Grp Quiet Room Activities</p> | <p>Coffee, Tea OR Hot Chocolate Social Reality Orientation Relax Techniques w/Sue Black Jack & more... Painting/Coloring Allison's Music Appreciation Spiritual Group w/Chase Texas Hold'em Poker Caregiver Support Grp</p> | <p>Coffee/Tea Social Reality Orientation Speech Therapy w/Ruth Bingo w/Robin Black Jack w/Ray Chair Exercises ROM Health Topic with Chase Tai Chi with Lynne Classical Scapes Brain Games</p> | <p>Coffee/Tea Social Reality Orientation Physical Therapy w/Jane Black Jack w/Ray Art / Puzzles Ice Cream Social Karaoke / Dancing Texas Hold'em Poker Quiet Room Activities</p> |
| 30 | | | | |
| <p>Coffee/Tea Social Reality Orientation Bingo w/Robin Black Jack w/Ray Arts & Crafts Puzzles Chair Exercises ROM World Geography Jingo Scrabble/Chess/Checkers Quiet Room Activities</p> | <p>To Autumn John Keats</p>  | <p>Brain Games: •Password •Charades •Scrabble •Puzzles •What's in the Bag? •Jingo •Twenty Questions •Yahtzee •The Price is Right •Brain Teasers •Trivia •Family Feud •Dominos •The Five Senses •Chess •What's My Line? •Concentration •Checkers AND MORE!</p> | <p>Chair Sports: •Basketball •Ping Pong •Volleyball •Ring Toss •Bowling •Target Practice •Jug Catching •Golf ALSO •Pool •Ping Pong •Basketball •Bocce Ball</p> | <p>CADHC 925 Main St Half Moon Bay, CA (650) 726-5067 Physical Therapy Occupational Therapy Speech Therapy Lunch Activities for All</p> |

September 2019 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| CLOSED FOR LABOR DAY  | Veggie Omelet Whole wheat bread Roasted potatoes Vegetables Fruit | Stuffed Pork Loin Orzo Vegetables Salad Fruit | Beef Soft Taco Corn tortilla Brown rice Vegetables Fruit  | Chicken Macaroni Vegetables Salad Fruit |
| 9 | 10 | 11 | Luau 12 | 13 |
| Cabbage Rolls Brown rice Vegetables Fruit  | Sausage Frittata Roasted potatoes Vegetables Fruit | Baked Salmon Brown rice Vegetables Fruit  | Pork Teriyaki Polenta Vegetables Salad Fruit Hawaiian Dessert  | Pizza Day! |
| 16 | 17 | 18 | BIRTHDAY! 19 | 20 |
| Stuffed Pepper Brown rice Vegetables Fruit | Meat Lasagna Vegetables Fruit  | Pulled Pork Open Face Sandwich Coleslaw | Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit Birthday cake  | Tuna Salad Sandwich Whole wheat bread Coleslaw Fruit |
| 23 | 24 | 25 | 26 | 27 |
| Breakfast Open Face Sandwich* Whole wheat bread Roasted potatoes Vegetables Fruit | BBQ Pork Loin Orzo Vegetables Fruit  | Spaghetti with Meat Sauce Vegetables Salad Fruit | Fried Chicken Polenta Vegetables Fruit  | Hamburger Whole wheat bun Coleslaw Fruit |
| 30 | | | | |
| Bolognese Sauce with Pasta Vegetable Fruit | | <i>This menu is subject to change without notice. In the event of a menu substitution, an item of equal nutritional value will be served.</i> | | |

* > 1000 mg. sodium