

Canyon Manor Newsletter

June 2017

Volume 1, Number 1

What is there to eat?

The kitchen staff works very hard to make good meals. The menu for the following two weeks is posted for everyone to view. We will be starting the summer menu cycle on June 12th which means lighter foods and barbeques! On 4th of July they will be serving grilled sausages, baked beans, and corn on the cobb. We welcome people to come and have meals with their loved ones from our kitchen! Vegan options are also available.

Welcome to the Newsletter!

In an effort to keep family, conservators and case managers informed, a newsletter is being developed that will have what is currently happening at Canyon Manor! It will be sent out monthly with new information and general information about Canyon Manor to help keep everyone up to date.

Going smoke free

Our biggest focus lately has been tapering off cigarettes. This has been a long process that started many years ago. It used to be that clients had eight smoke breaks and more recently there have been four. At this time there are no smoke



breaks but if a client has passes they may smoke on their pass. Starting June 28th, there will be no smoking on the patio passes which will make the facility completely smoke free. However, if a client has progress, peer, or alone passes they are allowed to take their cigarettes with them when they go into the community and smoke off Canyon Manor property. To celebrate there will be a barbeque and band on June 29th. One may think that there would be a large uproar from the clientele about this yet most of the clients have taken it very well and understand it is a healthier choice.

How do I send my family member funds?

Family support is appreciated by all Canyon Manor staff and it is not uncommon for family to ask how to send money to their family member. A personal check can be sent but it is important to note that it takes 10 business days for it to clear and

When Can I Visit a Family Member?

Visiting hours are Monday thru Friday from 3pm to 730pm and 9am to 9pm on the weekends. We ask that visiting happens after 3 on the weekdays to allow clients to work the program and go to groups. If a family member is far away and cannot come during those times they are welcome to set up a visit with the person's social services worker.

Contact Us

Payphone numbers for clients

415-897-9752

415-897-1562

Canyon Manor Staff

415-892-1628

Social Services Workers

Jim- ext. 319

Rachel- ext. 317

Marina- ext. 321

Dennis- ext. 337

become available for use. If you would like to make the funds available immediately, please send a cashier's check. **DO NOT SEND CASH IN THE MAIL.** We make this request because occasionally mail gets lost between you and Canyon Manor. It is best to send a money order to the P.O. box address which is Canyon Manor
P.O. Box 678
Novato, CA 94948

WHAT CAN I BRING OR SEND MY FAMILY MEMBER?

Clients are not allowed to have cameras, glass, caffeine, perishable food, and metal such as aluminum cans. If you do bring clothing to a client please let staff know so that the items can be inventoried into their belongings list. Any type of hygiene products containing alcohol such as perfume or cologne are allowed but are put in a locked area for supervision purposes. If you are unsure whether an item is allowed in the facility, ask staff before mailing or bringing it to the client.

WE VERY MUCH APPRECIATE FAMILY AND OTHER SUPPORTS. WE UNDERSTAND IT IS NOT EASY TO HAVE A FAMILY MEMBER OR CLOSE FRIEND IN THIS SETTING. FOR MORE SUPPORT VISIT <https://www.nami.org/Local-NAMI?state=CA> TO FIND A NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) LOCATION NEAR YOU.