

Canyon Manor Newsletter



January 2018

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Group of the Month

Arts and crafts group is offered in the evening times several times a week. During this group clients can work on any ongoing projects, sew, or access a computer for their personal use. There are art materials provided as well as preprinted art work. During this time clients are able to use the computer for twenty minutes. Many use this time to listen to music on YouTube, use Facebook, and search the internet.

Activities for the month

January 15th was Martin Luther King Jr. Day and was celebrated by listening to his speech "I Have A Dream".

Happy New Year!



It is time to start the New Year of 2018. New Year's Eve and Day were celebrated with special activities at Canyon Manor. On New Year's Eve, clients were able to watch the NFL football games, enjoy a movie in the evening, play bingo, and a New Year's dance with refreshments. On New Year's Day, clients were able to watch the Rose Parade; go on a walk, watch college football throughout the day, and end with a movie and refreshments later in the evening. This time of year many reflect on the past and what they would like in the future. This can be difficult for our clients. We try to embrace this struggle and help clients think of how they can have a better year this year than the previous.

New Items Hitting the Menu



Starting January there will be three new additions to the menu. First will be pork stew simmered with sweet potatoes, onion, and carrots. This was served January 2nd. The following day there was Salmon with Dill Sauce, a fillet of salmon and a sauce made with dill and sour cream. Lastly, a Chicken Florentine Casserole that takes bow-tie pasta, spinach, chicken and cheese mixing it together with a creamy sauce was served January 4th. For New Year's Day, the kitchen served Baked Ham, black eyed peas, creole green beans, corn bread, and an apple crisp desert for dinner.

How To Support A Client You Know At Canyon Manor

Most clients would rather be residing somewhere less restrictive than Canyon Manor. The staff understands and sympathizes with this struggle. We keep this in mind on a daily basis and do our best to make their stay as comfortable and enjoyable as possible. Despite this, clients may call their outside supports to vent about their day to day life. Expressing these feelings is a valuable tool and can be a part of recovery. We encourage clients to talk to staff or a peer while they are

Contact Us

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Canyon Manor

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Social Services Workers

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experiencing any symptoms or distress. When they are not satisfied with their medication regimen they are encouraged to speak with their psychiatrist. It can be helpful to discuss with them the costs and benefits of medication which is done here in groups. It is important that clients use the level system to earn passes to demonstrate their ability to be in the community unsupervised. This is crucial to moving into a lower level of care where they typically are allowed to come and go throughout the day. If a client is experiencing issues with another resident we ask that they notify staff right away so that appropriate actions can be taken. We all wish to see the clients learn and develop skills as well as maintain stability that will lead to discharge. This information can be useful if a client is asking for outside support while living at Canyon Manor. Clients often speak with staff however; sometimes it is beneficial to hear suggestions from loved ones.

From Last Issue



Above: Kwanzaa display

Left: Christmas tree decorated by clients

Below: Menorah for Hanukkah



Canyon Manor clients and staff had a wonderful holiday season!

If you feel you have received this letter in error or are not interested in continuing to receive it, please call Rachel to be taken off the mailing list at 415-892-1628 Ext 317