

## Group of the Month

Computer Skills is one of the groups that is included in the new program that began in February. In this group clients will be able to learn the basics of a computer, make an e-mail account, use maps, learn about search engines and explore other tasks on the computer. Although many clients can use a computer some don't have an e-mail they can access. Staff will teach basic computer skills and help clients set up an email. This group is limited to eight clients due to the amount of computers available and is time-limited. The curriculum takes two months to complete. This limit also allows other clients to attend in the next time period. Clients have internet access in the Arts and Crafts group three times a week for their leisure computer use.

## March Special Activities

This month there will be a St. Patrick's Day Party. It will be a dance party with lime sherbet. A favorite local band, Bread and Roses, will be coming to play live music in the middle of the month. Other activities will include spa group, dances, Wii games, and Bingo. The special outing this month will be going to a movie in the theatre due to the unpredictable weather.

## What are the visiting rules?



Canyon Manor supports family visits and the importance of a client's support system outside of the facility. The visiting hours are Monday thru Friday 3pm to 7:30pm and 9am to 9pm Saturday and Sunday. The visiting hours are based on the program so that clients will not be missing important core groups that occur earlier in the day.

Family members who are driving long distances can contact the Social Services Worker and come outside of visiting hours if needed. The first time family or friends come we ask that they visit the client inside the facility. Afterwards, arrangements to take the client outside of the facility can be made through Social Services. Sometimes clients like to see their dogs and this is possible if the family informs their Social Services Worker and brings the dogs before the 3:30pm pass time. This is to avoid having dogs on the patio when other clients are also out on the front patio. Unfortunately, no one under the age of 16 years old is allowed in the facility. However, if the client is approved to go out with someone over the age of 16 then the under aged person can accompany on the visit outside of the facility. Tobacco products, caffeinated beverages, glass or aluminum containers and weapons of any kind are not allowed in the facility. Cameras and any devices with a camera cannot be brought in to protect resident privacy. Perishable food must be limited to what will be consumed that day.

**March is Women's History Month. This will be discussed in the new Women's group that started with our new program.**

#### **Contact Us**

#### **Payphone numbers for clients**

415-897-9752

415-897-1562

#### **Canyon Manor**

415-892-1628

#### **Social Services Workers**

Jim (Manager)- ext. 319

Rachel- ext. 317

Marina- ext. 321

Dennis- ext. 337

Mario- ext. 318

## How Are Medications Prescribed?



When a client is admitted to Canyon Manor, they are already on a medication regimen from the acute hospital. The psychiatrist assigned to the client at admission reviews the medications and may continue or alter them. The psychiatrists speak with the staff regularly about how the client is doing. Based on staff report and the psychiatrist's own observations, the medication may be changed if it does not appear to be effective in helping the client. The psychiatrist also takes into consideration the client's perspective. It can be extremely helpful to have past medication knowledge such as what has worked in the past and what has not. Family members or conservators may have access to this critical historical information and should pass this on to the Social Services Worker. Quarterly case conferences bring together multiple members of the treatment team including the social service worker, the rehabilitation staff, nursing staff, the medical director and the program director. Conservators are always invited and family members are invited if the client is open to this. Case conferences allow for an in-depth review of the clients progress including a review of medications. Medication may be changed after a case conference in response to this discussion.

## Change From Last Issue

In the February 2018 issue it was stated that clients will be able to use the office phone at 10am to 10:30pm on Monday, Wednesday, and Friday. As the program evolved this changed to Monday, Thursday, Friday at 3pm to 3:30pm

If there are any topics you'd like to see addressed in the newsletter please let us know by calling Rachel at 415-892-1628 Ext 317

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