



Group of the Month

Basketball group is a very popular group and occurs twice a week.

Many clients enjoy playing while some prefer watching.

Sometimes there is a lively competition between staff

members. The clients are often very animated as they cheer for their

team. Water is available during the group and there's a shaded area with

benches for resting.

This group allows clients to participate in vigorous exercise.

Exercise groups are available daily. There also are several walks throughout the week.

When it's raining the group is held inside and a different physical activity is chosen.

Easter at Canyon Manor

Easter festivities this year started off in late March with egg coloring. Easter decorations could be found throughout the facility. Easter Sunday began with a morning non-denominational service followed by an Easter egg hunt. Clients searched for the recently dyed eggs as well as a few surprise eggs. The top three collectors received a chocolate rabbit as prizes. The Holiday dinner included Ham with Raisin Sauce, Au Gratin Potatoes, Asparagus, a wheat roll and Strawberry Pie

How Does a Client Get to an Appointment?



Many medical concerns are addressed at Canyon Manor within nursing staff. The Nurse Practitioner and the Primary Care Physician are here several times each week. Podiatry and Optometry services are also provided at Canyon Manor. Appointments to outside agencies are required when our staff determine that a problem needs to be addressed by a specialist. When this happens the Unit Coordinator is notified and an appointment is scheduled. Our Unit Coordinator provides transportation for the client to the appointment and ensures medical records from the appointment are given to our medical team to follow-up. On occasion a client is taken to a medical appointment by their county Case Manager. Rarely, a family member is able to take a client to an appointment if it has been arranged with the client's conservator.

What is New in the Kitchen?



The Kitchen is now serving the Spring cycle of the menu. This includes more hamburgers and occasionally the opportunity to dine outside. There are new recipes such as Dutch Split Pea Soup and Baked Chicken in Wine Sauce. Some holiday meals will include Tacos for Cinco de Mayo and Brown Sugar Pork Chops with Strawberry Shortcake for dessert on Mother's Day. The summer cycle will start June 11th.

Monthly Special Outing

Due to April's unpredictable weather, the outing will be a trip to the movie theatre.

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

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

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

Music at Canyon Manor



Music has been shown to be soothing to many people and a healthy coping skill. When Canyon Manor went smoke free in July of 2017 we purchased and implemented the use of headsets with music to assist clients with stress management. Clients who go out on patio passes or those who are having a difficult time managing their symptoms are able to use wireless headsets. These headsets have a memory card that contains 2,450 songs. The song list is updated regularly when there is new music available. The headsets play the songs randomly and have a skip option the client can use if they do not like that particular song. These are popular for those who go out on the patio as well as for clients that are struggling in the facility. Other options for music include music group, karaoke and dances. There are three music groups a week that provide a variety of musical options. One of the most popular evening activities is Karaoke which is held regularly and weekly dances. Music is also played in the background during many group activities for all to enjoy.



What is Mindfulness?

(from the American Psychological Association)

Generally speaking, mindfulness is an open awareness of the present moment, accepting thoughts, feelings and situations that arise without resistance or judgment.

There are a large number of practices that can be used to cultivate a mindful state, including meditation, yoga, breathing exercises and muscle relaxation techniques. Rhonda Rosen, who has led mindfulness groups with students at the University of Pittsburgh for many years, has observed that when students make a regular practice of mindfulness and meditation, they are less likely to become depleted, tend to have more positive outlooks and are better able to concentrate on and efficiently complete their tasks. Increasingly, research has demonstrated the benefits of mindfulness for both emotional and physical health (Davis & Hayes, 2012).

Canyon Manor includes a Mindfulness group