



Canyon Manor Newsletter

October 2018

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KNOW YOUR RIGHTS

Group of the Month

Resident's Rights is a group led by the Patient's Rights Advocate of Marin, Esmeralda Garcia. She comes weekly to answer any questions the clients have regarding their rights and conservatorship. She can speak to clients after the group if they want to talk to her confidentially. This group does a great job of reminding clients of their rights and informing clients about how being on conservatorship may or may not restrict them. For instance, some clients are still able to vote or make medical (not psychiatric) decisions for themselves depending on the details of their conservatorship.



Halloween at Canyon Manor

Halloween festivities begin with clients separating into teams for the jack-o-lantern decorating contest. The pumpkins will be placed around the facility for others to view and enjoy and the winning team will receive a prize. On the morning of Halloween, staff will do make-up and face painting for the clients who request this. Masks are also available. In the afternoon a party will be held with Halloween games, relay races and of course, candy! Canyon Manor focuses on having fun without being spooky. Staff are also invited to dress in costume. Last year's theme was emojis.



Getting to Know Our Staff

Marcy Allen, Manager of Rehabilitation Services, will be retiring in November after 38 years of service! Marcy graduated from Lesley University in Cambridge, Massachusetts with her Master's Degree in Expressive Art Therapies. She then moved to Marin County and was hired in 1980. Expressive therapies are the use of creative arts as a form of therapy. It shares the belief that through creative expression and use of imagination, clients can begin to examine their thoughts, feelings, and body sensations. Verbal communication is often a challenge for clients at Canyon Manor, so this approach has been a vital aspect of many services she provided. Canyon Manor is a unique and special community and Marcy expressed that she continues to learn from our clientele.

Monthly Special Outing



The Special Outing this month will be to the pumpkin patch! Clients will pick out pumpkins for the jack-o-lantern contest.

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

Dennis- ext. 337

Mario- ext. 318

Darius- ext. 321

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

Although she is excited to start a new chapter in her life, she stated the people she has met at Canyon Manor have been amazing and helped her grow into the person she is today.



Expressive Art Therapies

Expressive art therapy started with the Egyptians but became more popular in the late 1800s and early 1900s with the rise in psychiatry. It is now used in facilities with children and adults worldwide. In the last century this practice has become widely accepted and embraced. Art therapy provides a mechanism for a person to relieve themselves of emotional stress. Preliminary research is showing this practice is helpful for many populations such as veterans who may have Post-traumatic Stress Disorder. They can release the emotions of traumatic experiences through art therapy without being re-traumatized by recalling specific events and verbalizing them. Art therapy can also be useful for people with cognitive disorders such as dementia or expressive disability. Art therapies can be used to create a safe place rather than recalling traumatic experiences.

-- as cited in Lesley University, *The Rise of Expressive Therapies*. Retrieved from <https://lesley.edu/article/the-rise-of-expressive-therapies>

