



Canyon Manor Newsletter

January 2019

Volume 3, Number 1



Group of the Month

Discharge Planning is held once a week. All clientele are able to attend regardless of where one is in the discharge process. The group focuses on skills that are necessary when living in the community such as moving to a board and care home. These skills can be practiced while one is at Canyon Manor to take with them when they discharge. Examples of these skills include but are not limited to hygiene, sobriety, continuing medication, making appointments, and following a daily routine. Group leaders teach clients that any transition can be stressful even if it is in a positive direction.

Monthly Special Outing



Martin Luther King Jr. Day

Martin Luther King Jr. Day was celebrated at Canyon Manor as a modified program day. Clients were able to watch his speech "I Have A Dream". Canyon Manor continually works on being culturally competent, being sensitive to race, gender, and sexuality of all clients. In the afternoon there was a walk enjoyed after a long two weeks of rain. The day continued with movies chosen by the clients and bingo.



Getting to Know Our Staff

In the October 2018 newsletter it was announced that Marcy Allen, the Rehabilitation Manager had retired. Heidi Landgraf was hired in her place, but to a slightly altered position of Assistant Program Director. Heidi worked with

Canyon Manor previously in the Rehab department as well as Social Services. She left to focus on completing her state licensure as a Licensed Professional Clinical Counselor as well as building her private practice. Heidi returned to Canyon Manor due to her love of the agency and the clientele. She bonds with the clients well and enjoys spreading her knowledge of movement and expressive arts. She co-leads many groups including the Dual Diagnosis group also known as Another Day Group. Canyon Manor is grateful to have Heidi back as we are excited to work with her again. Many clients who knew her previously still remember her with positivity. Welcome Back Heidi!



Due to the rain, the Special Outing this month was going to the movie theater.

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 is no longer at Canyon Manor. If you need to know who the new Social Services Worker is for a client, please call Jim.

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

Staying Healthy



With the cold weather brings the common cold and flu. Canyon Manor offers flu shots to all clients and employees. Maintenance does extra sanitizing around the building, especially door handles. Clients are provided with tissues and excused from groups when sick. Staff encourage all to wash their hands frequently, cough or sneeze into their elbow, ask for cold medicine when needed, and dress appropriately for the weather. Walks are cancelled when it is raining to help prevent sickness. Clients with passes are encouraged to stay indoors while out on pass or consider going out when the weather is clear. If the weather is extreme passes may be cancelled for the day as well.



Have you missed one of the 2018 newsletters? You can access all the newsletters at <https://canyonmanor.com/newsletters/>