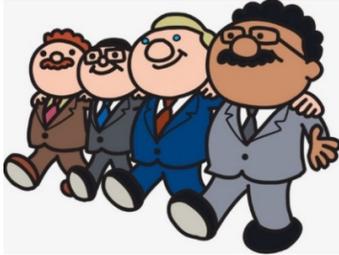




Canyon Manor Newsletter

January 2019

Volume 3, Number 2



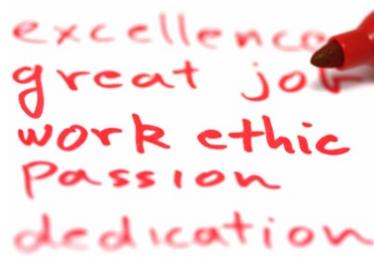
Group of the Month

Men's group is held once a week and is well attended by many clients. This group gives male clients a safe space to discuss issues without the presence of women. Any topic is allowed in the group; however, a common theme seems to be acceptance. The group has discussed taking responsibility for oneself, relationships, accepting oneself, and reasons to change or not to change. During the elections, politics were discussed in detail. The group has also discredited stereotypes about men, masculinity, feminism,



February Activities

There were several holidays in the month of February at Canyon Manor. For Chinese New Year, clients had a Chow Mein buffet and watched the movie *The Karate Kid*. On Valentine's Day clients enjoyed a dance. President's Day was a modified program day and included some down-time and movies. The clients also enjoyed a trio called "Tangled Root" who came to entertain them through playing musical instruments.



Getting to Know Our Staff

Elvin Prasad has been with Canyon Manor since July 1998. He has worked in many positions including Dietary Aide, on-call Mental Health Worker, taking clients to medical appointments and working with the laboratory technicians. He is a fitness and health fanatic, speaking with clients at times about exercise and healthy eating. In his spare time, he plays soccer, goes fishing, and travels. Elvin is one of the many examples of staff loyalty to Canyon Manor as he has been here over 20 years! We appreciate Elvin as he is skilled in many departments. He understands several departments and positions, assisting clients in their treatment process from what is served at lunch to taking a client to a doctor's appointment.

women, and gender fluidity.

Monthly Special Outing



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

Michlene- 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



A New Level System

The current system can be frustrating for clients as it only has four levels.

Although staff acknowledges

progress, with so few levels many clients spend a lot of time working on one level. With the new level system there will be eight levels. Residents who are making an effort to attend groups, take care of their cleanliness, and cooperate with medications will be able to move up to the next level more quickly. This will reward the progress they are making. The new system is designed to motivate clients to continue to work the program as their successes will be tied to new privileges. This is a work in progress and will not go into effect until at least mid-March. The staff have asked for the clients' input several times and will continue to ask for their feedback. The hope is that the new system will be encouraging and clients will feel validated in their progress as they see themselves move up the levels and obtain passes and privileges that go with the higher levels.



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