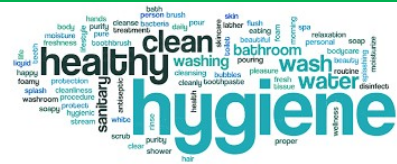




Canyon Manor Newsletter

March 2019

Volume 3, Number 3



Group of the Month

ADL (Activities of Daily Living) group is held every morning and evening. Clients have access to hygiene and grooming supplies such as shampoo, towels, toothpaste, etc. Staff encourage clients to make their beds by themselves and can assist as needed. This group is important because it stresses the importance of personal cleanliness, through bathing, brushing teeth, and maintaining one's bedroom area. Clients are also able to shave during this time. Waking up for ADL group every morning can help clients have a regular sleep schedule. Maintaining appropriate ADLs is essential in acceptance at Board and Care homes.

Monthly Special Outing

March Activities

March activities included celebrating St. Patrick's Day with green donuts, a festive movie, and corn beef with potatoes for dinner. Some staff came dressed in green and as leprechauns. Women's group will have a party to celebrate Women's History Month. Bread and Roses will be coming this month to play live music for the residents. This is always very much enjoyed.



Getting to Know Our Staff

Michlene Wojak is a returning staff member in the Social Services Department. She had spent a few years as a Social Services Worker at Canyon Manor in the 1980s and has recently returned. She received her Master's Degree in Clinical

Psychology at John F. Kennedy University in 1982. She then went on to become a Licensed Marriage and Family Therapist in 1986. Much of Canyon Manor has changed since the 1980s and she is quickly adjusting to the differences. She co-leads several groups such as Discussion group, Dual Diagnosis, and DBT Skills. She has a caseload that she works with in the following ways: communicating with the clients, their treatment team, and the family as appropriate. In her spare time she enjoys spending time with family and friends.

How is Canyon Manor Therapeutic?

Many family members ask about individual therapy for their loved ones



The Special Outing this month is 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

living at Canyon Manor. Although Canyon Manor does not currently provide one to one therapy, we provide therapeutic groups, activities and milieu therapy. In groups, the leaders encourage members to address issues and solve problems. They address both personal issues and problems that arise in the community. Group members learn from the group leaders and also support each other. One purpose of groups is to show members they are not alone in their situations and that many members of the group share similar feelings. This helps clients feel supported and not alone in their difficulties. Another purpose is to teach coping skills for the residents to learn and practice. Groups are therapeutic even when they appear to just be recreational. It is therapeutic for clients to get out of their bedrooms and into the community. It is beneficial to focus on a task, or have some social interactions. The facility itself is therapeutic in that Canyon Manor is a small community where staff guide residents and the residents influence one another toward a higher level of function. Unlike many other similar facilities, Canyon Manor provides a large therapeutic outdoor space with gardens, a labyrinth, and a waterfall and basketball area. Medication is also an important part of treatment. If a person is too symptomatic, they may be unable to attend group or fully comprehend skills being taught. Psychiatrists work with clients and the staff to provide an optimal medication regimen to assist clients in achieving their highest level of functioning.

