



# Canyon Manor Newsletter

June 2019

Volume 3, Number 6



## Group of the Month

Recently Canyon Manor has started a pet therapy group once a week. Pet therapy brings physical, emotional, and psychological benefits. Scout, a labradoodle, has gone to series of classes with his owner for both to become certified to do pet therapy. Now he comes to see the clients at Canyon Manor. Clients can pet him and enjoy his presence. The group discusses the responsibilities of a pet, animals they have had in the past, training a dog, and performing tricks with Scout. Many have Scout 'shake' his paw. Scout is a pleasure to have around and enjoys many treats given throughout the group.



## June Activities

June has several events including Flag Day, Father's Day, and the start of summer. One Flag Day activity is to draw or color a flag the client feels represents them while in art group. On

Father's Day, a special father related movie was played, and snacks were offered. Also, there was an extraordinary meal of roast beef with scalloped potatoes, spinach, bread roll, and fruit pie. Summer menus have started, and an outdoor barbeque was held early in the month. Bread and Roses came this month to perform live for the clients. Along with the beginning of summer, there are many activities for the month of June.



## Getting to Know Our Staff

Bimal Kumar is one of our chefs. She has been with Canyon Manor for 25 years! She started in the kitchen on call and was made

full time in 2001. Being in the kitchen, she maintains a positive relationship with the residents. Her favorite dishes to cook are chicken curry and vegetarian plates. At home she has a large garden with chili, eggplant, kale, onion, tomato, and zucchini which she uses in her recipes. Other than tending to her garden, Bimal spends time sewing. Canyon Manor is grateful to have such a loyal long-term employee.

## Monthly Special Outing



The Special Outing this month may be McNear's Beach with a barbeque weather permitting.

### 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



## Avoiding Heat Exhaustion and Heat Stroke

As temperatures rise, Canyon Manor educates clients on avoiding heat related illness. Heat exhaustion is exhibited by dizziness, sweating, nausea, and muscle cramps and is a precursor of heat stroke. Symptoms of heat stroke include headache, lack of sweat, nausea, and the possible loss of consciousness. Staff encourage all clients to drink plenty of water, wear a hat and sunscreen, and stay indoors to avoid these illnesses. Throughout the summer cups and water are provided on the patio for clients who choose to go on pass. When temperatures are severe, passes may be cancelled, and outdoor activities replaced with an indoor alternative.

Happy  
*Father's*  
Day