

CSC Team Members

CEO

John Kinner

Executive Director

Virginia McAuliffe

Executive Assistant

Martha Cory

Receptionist

Teresa Torre

Day Center Manager

Debbie Brown

Day Center Aides

Bonnie Brown

Amber Clarke

Marisa Schuster

MaryAnn Wise

Pam Wynes

Medical Director

Dr. Arvind Wadhwa

Primary Care

Dr. Alberta Micale

Dr. Robert Moore

Patricia Treverton, NP

Clinic Staff

Jeanette Stone, RN

Mary Ohanessian, RN

Colleen Robbins, CMA

Therapy

Dave Bluett, PT

Kim Huber, OTR/L

Ashlie Marcyan, SLP/CCC

Volunteers

Brenda Archie

Charlene Wolkiewicz

Chauncey Young

Home Care Coordinator

Kathy Henwood, RN

Health Care Coordinator

Heidi Burns, RN

Janelle Atkinson, RN

Social Workers

Kelly Carr, MSW

Peter R. Firestone,

LMSW

Dietary Staff

Monica Kirsch, RD

Dorothy Gallagher

Recreation

Julie O'Connor, MS LCAT

Marketing and Enrollment

Michelle Sutor

Melissa McCraith-

Mastantuono

Quality

Pat Jones, RN

Medical Records

Kim Williamson

Claims

Sandra Steffenhagen

Transportation

Geralyn Blose

Cosmetologist

Debbie Eshenour

CSC Chronicle



1302 Main Street Niagara Falls, NY 14301
(716) 285-8248

August 2015

Fun Facts

Flower- Gladiolus and Poppy

Birthstone- Peridot

Inspirational Quote:

**“Have a belief
in yourself
that is bigger
than anyone’s
disbelief.”**

**-August
Wilson**

A Message from the Executive Director

Hello everyone and I hope you’re enjoying these steamy summer months! I write this on one of the hottest days of the year (expected to be 93° today!) so I’d like to remind you all of the importance of staying hydrated (drink plenty of water), and to be mindful of sun exposure. Take a hat and sunscreen wherever you go!

I am also asking for your help with a very important project this month: our Participant Satisfaction Survey. We cannot stress enough how much we appreciate your input on our program and service delivery as we strive each and every day to become a better organization. Your input is so very critical to our achievement of that goal.

The survey requests you to rate our services, such as home care, our Day Center and medical care. We appreciate your honest feedback and encourage you to provide comments at the end of the survey.

Also, you may indicate if you’d like a representative to contact you in regards to your survey input or a matter unrelated to the survey.

Again we encourage your feedback—now at survey time or any time convenient for you—so we can continue to provide the excellent care we pride ourselves on at Complete Senior Care PACE.

Please enjoy this month’s newsletter and we thank you for being part of our CSC family! Have a safe and enjoyable remainder of the summer.

Sincerely,
Virginia

Entertainment:

Monday, 8/1 1:00 PM Niagara University Repertory Theatre

Friday, 8/7 1:00 Mari McNeil Entertains

Thursday, 8/13 11:00 Piano Man

Thursday, 8/13 1:00 Tom Bender Entertains

Thursday, 8/20 Senior Choir Performs

Friday 8/21 1:00PM Drum 4 Health

Events:

Tuesday, 8/4 and Thursday, 8/20 1:00PM Chair Yoga

Wednesday, 8/5 1:00 Music Therapy

Friday, 8/7 2:00 Silver Sneakers

Wednesday, 8/12 and Friday 8/28 1:00PM Tai Chi

Friday, 8/14 and Wednesday 8/26 11:00AM Pet Therapy with John Luc

EMPLOYEE of the MONTH:
CONGRATULATIONS COLLEEN !!!



**Meet&Greet
New Faces:**

- *Vicki B.
- *Richard F.
- *Anthony M.
- *Lillie M.
- *Cecil P.



CSC August Birthdays

Participants

- 2 Sr. Paul M.
- 2 Larry L.
- 3 Mary R.
- 4 Anne M.
- 7 Lottie S.
- 11 Sandy S.
- 21 Anthony M.
- 22 Theresa M.
- 23 Peg W.
- 23 Fred B.

Staff

- 6 Kim W.

- 23 Dorothy G

Welcome Amber!!!

You know her, we love her, and now
she is permanent!!!



Happy Belated (July 22) Birthday!
**Unfortunately, Amber's Special Day was
omitted last month by the careless**

CSC Would like to Thank:

- BINGO Prize donators: Fay P., Bonnie B., Nancy H., Jeanette S., Martha C., Charlene W., Joyce L., Michelle S., Gloria M., Janelle A., Heidi B., Marilyn S., Merle and Janet S., Amber C.
- For Auction Donations: Michelle S., Nancy H., Martha C., Janelle A., Fay P., Heidi B., Gloria M.,
- SPECIAL THANK YOU TO MEGA DONATORS: Marilyn S., and Janet and Merle S.!!! Our Basket Auction was a success because of you and your endless generosity!

CSC
Wish List:

*YARN, YARN,
YARN

*BINGO and
event prizes
are greatly
appreciated.

August 2015

*Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 National Ice Cream Sandwich Day 11 Trivia 1 Niagara University Repertory Theatre 2 Golf/Bowling	4 11 Jeopardy 1 Chair Yoga 2 Beach Ball Volley	5 11 Current Events 1 Music Therapy 2 BINGO	6 11 Senior Choir 1 Word of Life Ministry with Peg 1 Writers' Workshop 2 BINGO	7 11 Spa Day 1 Mari McNeil Entertains 2 Silver Sneakers	8
9	10 11 Current Events 1 BINGO 2 Mocktails	11 Watermelon Day 11 Craft 11 Word Games 1 Horse Races	12 Organization 11 Committee Mtg. 11 Wii Day 1 Tai Chi 2 Beach Ball Volley	13 11 Piano Man 1 Tom Bender Entertains 1 Writers' Workshop 2 BINGO	14 Beach Day 11 Pet Therapy 11 Word Games 1 Bikini Contest 2 Board and Card Games	15
16	17 11 Name 5 1 Word of Life Ministry with Peg 2 Penny Pitch 2 Card Games	18 11 Wii Day 1 Communion with Sister Nancy 2 BINGO	19 11 Kitchen Kreations 1 Communion with Sister Nancy 2 BINGO	20 11 Senior Choir Performs 1 Chair Yoga 1 Writers' Workshop 2 Ring Toss	21 Sr. Citizen Day 11 PAC Meeting 1 Drum 4 Health 2 Craft/Beach Ball Volley	22
23	24 11 Hangman 1 Trinity Baptist Ministry 2 Craft Bowling	25 11 Trivia 1 Swat the Flies 2 Card Games Penny Pitch	26 11 Pet Therapy 11 Word Games 1 BINGO 2 Ring Toss	27 11 Senior Choir 1 Writers' Workshop 1 BINGO	28 11 Coffee Chat 1 Tai Chi 1:45 BINGO	29

30	31 11 1 Saxman Slim 2					
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CSC HAIR SALON

Price List:

Men's Cut.....	\$10
Hair Color Only.....	\$25
Hair Color, Cut, Style.....	\$35
Perm, Cut, Style.....	\$35
Shampoo and Set (or Blow Dry).....	\$10
Shampoo, Cut, and Set (or Blow Dry)	\$15

******Gratuítty NOT included******

***Special:** Purchase 5 Shampoo and Sets for \$50.00 and receive one **FREE** Hair Cut!!



Call **Debbie** at (716)285-8248 X119

**Gift Certificates are available for the Salon at CSC*

Heat Stress: Take precautions!

Older adults are more prone to heat stress, resulting in **heat stroke** or **heat exhaustion**. This risk is due to older adults having a harder time in adjusting to sudden changes in temperature. This may be caused by medical conditions and/or prescription medications that change the normal body responses to heat.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Warning signs may include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, skin may be cool and moist, pulse rate is fast and weak, and breathing may be fast and shallow.

Heat stroke is the most serious heat-related illness. It occurs when the body is unable to control its temperature. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Warning signs may include: an extremely high body temperature (above 103 degrees F), red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea.

Follow these tips to protect yourself from heat-related stress: drink cool, decaffeinated, nonalcoholic beverages; rest; take a cool shower; if possible, seek an air-conditioned environment; wear lightweight clothing; if possible, remain indoors in the heat of the day (ideally between 10am and 2pm); do not engage in strenuous activities.

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Call for medical assistance and do the following: get to a shady area; cool water using any method available such as tub, shower, sprinkler, sponging, wrap in cool wet sheet and fan; monitor body temperature (goal 101-102 degrees F); if help is delayed, call hospital for further instructions.

Prevent Mosquito Bites!

Mosquito bites can be more than just annoying and itchy, they can make you really sick. Remember to wear your insect repellent. Wearing insect repellent is the best way to prevent diseases spread by mosquitoes.

In the United States, West Nile is the most common virus spread through mosquito bites. Mosquitoes that spread West Nile Virus bite at night from dusk to dawn. There are no medications to treat or vaccines to prevent West Nile Virus. Fortunately, most people will have no symptoms and less than 1% of infected people develop a serious, sometimes fatal neurologic illness such as encephalitis or meningitis (swelling of the brain or surrounding tissues). When used as directed, insect repellents are the BEST way to protect yourself from getting sick due to mosquito bites.

To protect yourself from mosquito bites, do the following: wear insect repellent (higher percentages of active ingredient provide longer lasting protection), cover up by wearing long-sleeved shirts and pants when the weather permits, and keep mosquitoes outside by using air conditioning and make sure that you use screens in doors and windows – repairing as needed.