

## CSC Team Members

### CEO

John Kinner

### Executive Director

Virginia McAuliffe

### Executive Assistant

Crystal Baker

### Reception

Geralyn Blöse

### Day Center Manager

Kerry Helmbrecht

### Day Center Aides

Bonnie Brown

MaryAnn Wise

Pam Wynes

Marissa Schuster

### 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

Lauren Martin, OTR/L

Ashlie Marcyan, SLP/CCC

### Volunteers

Chauncey Young

### Home Care Coordinator

Kathy Henwood, RN

### Health Care Coordinator

Heidi Burns, RN

Janelle Atkinson, RN

### Social Workers

Kelly Adams, MSW

Danielle Donner,

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

Wendy Harris

### Cosmetologist

Karen Malvestuto

### Entertainment:

Thursday, 12/4 at 1:00pm Tom Bender

Thursday, 12/11 at 11:00 Piano Man

Friday, 12/12 at 1:00pm Retired Men's Club of the Niagara Frontier Chorus

Friday, 12/19 Drumming

Tuesday, 12/23 Step in Time Entertains

Wednesday, 12/24 Christmas Music with Glenn T.

Tuesday, 12/30 at 10:45 Stories Galorious

### Events:

Wednesday, 12/3 Culinary Institute Tour and Lunch

Friday, 12/5 Holiday Shops and Rummage Sale

Tuesday, 12/9 Chair Yoga with Courtney

Wednesday, 12/10 Marketing Presentation by Michelle Sutor

Wednesday, 12/17 Fall Education with Dave Bluett PT

# CSC Chronicle

1302 Main Street Niagara Falls, NY 14301

(716) 285-8248



## December 2014

### Fun Facts

Flower-  
Narcissus

Birthstone-  
Blue Topaz

### Inspirational Quote:

"It's not how much we give but how much love we put into giving."

-Mother Teresa

### Message from the Executive Director, Virginia McAuliffe

As you can see from our December Day Center activities calendar, we will truly be celebrating the holiday season and the end of 2014 with many special events and activities—there's something for everyone to enjoy! Here are some highlights:

- Special themed dress days throughout the month, including Red and Green day, Ugly Sweater day, Favorite Hat and Scarf day and Complete Senior Care Pride Day...all are welcome to take part!
- A lunch outing to the Niagara Falls Culinary Institute
- Holiday shopping and rummage sale right inside our Day Center (a percentage benefits the PACE Provides Fund)
- Chair yoga with Courtney
- Drum circle interactive presentation
- Falls education with CSC Physical Therapist, Dave Bluett
- Bible study with Cy (a Complete Senior Care participant)
- Holiday card and craft-making throughout the month
- Scrapbooking (NEW!)
- Staff bring your child to work day intergenerational party
- Entertainment by the Piano Man, Retired Men's Club of the Niagara Frontier singers, Tom Bender, A Step in Time and Stories Glorious...and more!

The holidays are a very special time for us at Complete Senior Care PACE. We celebrate outside of the office with our families and loved ones, but also with our Complete Senior Care family, which includes our beloved participants and caregivers. We extend a warm invitation for loved ones and out-of-town guests to visit the Day Center not only during this special holiday season, but at any time though out the year.

I speak on behalf of all the staff at Complete Senior Care PACE that it is an honor and a privilege to carry out the meaningful work we do each day. We wish you a blessed holiday season and all the very best in the upcoming year!

Sincerely,  
Virginia

### Day Center Announcements

Please be aware unwanted or unused medications cannot be accepted at the PACE clinic or Day Center. Enclosed is a list of the nearby permanent collection boxes. Let's work together to monitor medications for ourselves and loved ones by

properly disposing of them. Call the PACE clinic with any questions. Thank you!

Do you know anyone interested in receiving CSC services? Make a referral; please speak with Melissa or Michelle today!

Holiday Shops will be here December 5. A variety of vendors will be selling their wares, and donating 10% of their profits to CSC Activity Department. Please come and get your Holiday shopping done while supporting CSC!

## Participant of the Month: Personality Profile



Cyril Wick is our participant of the month. Cy was born on December 18, 1919, and will be 95 this month. He was born on his family farm, the eighth of ten children, on Wick Road in Lockport, New York. He grew up and worked on the farm, graduated from Lockport High School, and served in the Army Air Force. After World War II, Cy was honorably discharged on November 1, 1945 and went to Michigan to visit his Aunt. Cy then traveled through Canada and hitchhiked his way home to Lockport, arriving home on November 6, which happened to be the day he met his wife Mary. On December 1, he asked her to marry him and they were wed on December 29. Together they have raised eight children and Cyril will tell you he is blessed, and loves her as much today as he ever has. Cy has an incredibly strong faith that has given him much comfort throughout his life. He is a Eucharistic Minister, and has recently begun a Bible Study here at the Day Center on Thursdays at 11:00 am. The group is consistently attended as many other participants look forward to the weekly discussion. Cy believes that he is a participant at the center because God has put him here to continue to serve and share the Good News with others. Words of wisdom from Cy: “Trust in God and trust in what he wants you to do in your life. Pray. God loves the silence. In the silence, thoughts will come to you.”

### Meet & Greet New Faces:

- Martha C.
- Dolores B.

### In Memory:

- Norene Zuch
- Van J

## CSC December Birthdays



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### Participants

Juanita C.	12/2
Mary Ann F.	12/8
W.	12/26
Pam N.	12/8
Giovanni M.	12/9
Sr. Marina M.	12/12
John T.	12/12

### Staff

Crystal B.	12/18
Mary Ann	

## CAREGIVER CORNER

Tips from Home Care about Cold Weather Safety:

Electric blankets – Never set anything on the blanket, do not leave it turned, don't use it on high, and do not use it with an extension cord. If the cord does not work properly, discard the blanket.

Space Heaters – Do not use them with an extension cord. Clear the area around them and do not place anything on the unit. They should not be placed on thick carpets, and never run the cord underneath carpeting. If it is not working properly or the cord is pulled out, discard the unit and purchase a new one.

Weather Stripping – Make sure all doors and windows are sealed well. Place plastic over windows that are not really in use.

Close the door – Close the doors to rooms that are not in use in order to focus on heating just the rooms that are in use. Vents in those rooms may also be closed off.

Furnace – Regularly maintain furnace. Fix as needed and install a carbon monoxide detector.

Close blinds and curtains – Keep blinds and curtains closed to keep cool air from coming in through the windows.

Towels or blankets – Use towels or blankets to block any drafts from under doors or on window sills.

Rearrange Furniture – Move the furniture away from large windows; don't sit directly in front of drafts. Sit closer to vents.

Clothing – wear appropriate warm clothing: long underwear, socks, sweaters, and extra blankets.

Resource: [ageinplace.com/at-home/hpme-safety/cold-weather-safety-tips-seniors](http://ageinplace.com/at-home/hpme-safety/cold-weather-safety-tips-seniors)

### CSC Would like to Thank:

**Patty Thaler from Pataura for her generous donation to CSC and for the shopping opportunity!**

**Holiday Shops vendors for the shopping experience and their 10% of sales donation!**

**Dot S., Kim W., Nancy H., Virginia M., Helen M., Sharon C., Billie Jo E., for their generous donations for Bingo Prizes, Event Prizes, and Craft Donations.**

**Lauren Martin, OTR/L for offering her “Brain Teasers” to the participants!**

### CSC Wish List:

**\*We are in need of a slide projector for the Center.**

**\*With the cold weather, we are in need of winter coat donations.**

**\*Buttons and any craft items**

**\*Monetary donations for PACE Provides Fund (program that offers emergency assistance to participants in need) and Memorial donations in honor of a loved one's name.**

**\*BINGO and event prizes are greatly appreciated.**

# Activities Calendar December 2014 \*Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Key</b> Atrium (A) Dining Room (D) Garden (O)</p>	<p><b>1</b> 9:00am – 11:00am Coffee/Word of the Week *Scrapbooking *Table games 1:00 Christmas Cards</p>	<p><b>2</b> 9:00am – 11:00am Coffee <b>Red and Green Day</b> Christmas Cards <b>1:00pm Communion</b> 2:00pm – 4:00pm Ring Toss</p>	<p><b>3</b> 9:00am – 11:00am Coffee <b>10:00-1:00 Culinary Institute Outing</b> <b>1:00pm Communion</b> 2:00pm – 4:00pm Bowling</p>	<p><b>4</b> 9:00am – 11:00am Coffee 11:00 Bible Study With Cy  <b>1:00pm Tom Bender Entertains</b></p>	<p><b>5</b> 9:00am – 11:00am Coffee <b>10:00am-2:00pm SHOPS And Rummage Sale</b> 11:00 Kitchen Creations 1:00pm BINGO</p>	<p>6</p> <p style="font-size: 2em;"><b>Closed</b></p>
<p>7</p> <p style="font-size: 2em;"><b>Closed</b></p>	<p><b>8</b> 9:00am – 11:00am Coffee/ Word of the Week <b>11:00am Live Laugh Love Ministries (A)</b> 1:00 BINGO</p>	<p><b>9</b> 9:00am – 11:00am Coffee 11:00 Bible Study With Cy <b>1:00 Chair Yoga</b> 2:00pm -4:00pm Christmas Cards</p>	<p><b>10</b> 9:00am – 11:00am Coffee <b>Ugly Sweater Day</b> Christmas Crafting <b>1:00pm Marketing Presentation</b> 2:00 BINGO</p>	<p><b>11</b> 9:00am – 11:00am Coffee 11:00 Kitchen Creations <b>11:00am Piano Man (A)</b>  1:00pm Movie and Popcorn</p>	<p><b>12</b> 9:00am – 11:00am Coffee Scrapbooking <b>1:00 Retired Men's Club of the Niagara Frontier Chorus *Donation</b></p>	<p>13</p> <p style="font-size: 2em;"><b>Closed</b></p>
<p>14</p> <p style="font-size: 2em;"><b>Closed</b></p>	<p><b>15</b> 9:00am – 11:00am Coffee/Word of the Week Art Club <b>1:00pm Word of Life Ministries (A)</b> 2:00pm Grab Bag Auction</p>	<p><b>16</b> 9:00am – 11:00am Coffee Christmas Craft <b>1:00 Communion</b> 2:00pm – 4:00pm BINGO</p>	<p><b>17</b> 9:00am – 11:00am Coffee Christmas Craft <b>1:00 Communion</b> <b>2:00pm Fall Education with Dave Bluett PT</b></p>	<p><b>18</b> 9:00am – 11:00am Coffee <b>Favorite Hat/Scarf Day</b> 11:00 Bible Study With Cy 1:00pm – 4:00pm Penny Pitch (A) Scrapbooking</p>	<p><b>19</b> 9:00am – 11:00am Coffee 11:00 Kitchen Creations <b>1:00 Drumming</b> 2:00pm – 4:00pm BINGO</p>	<p>20</p> <p style="font-size: 2em;"><b>Closed</b></p>
<p>21</p> <p style="font-size: 2em;"><b>Closed</b></p>	<p><b>22</b> 9:00am – 11:00am Coffee/Word of the Week Scrapbooking  <b>1:00pm Trinity Baptist Church (A)</b> 2:00pm BINGO</p>	<p><b>23</b> 9:00am – 11:00am Coffee <b>Favorite Dress Down Clothes Day</b> 11:00 Kitchen Creations <b>1:00pm Step In Time Entertains</b> 2:00pm Ring Toss</p>	<p><b>24</b> 9:00am – 11:00am Coffee Christmas Eve Festivities <b>1:00 Christmas Music with Glenn T.</b> 2:00pm – 4:00pm Holiday Grab Bag Auction <b>3:00 Center Closes</b></p>	<p>25</p> <p style="font-size: 2em;"><b>CHRISTMAS Center is Closed</b></p>	<p>26</p> <p style="font-size: 2em;"><b>Center is Closed</b></p>	<p>27</p> <p style="font-size: 2em;"><b>Closed</b></p>
<p>28</p> <p style="font-size: 2em;"><b>Closed</b></p>	<p><b>29</b> 9:00am – 11:00am Coffee/Word of the Week <b>CSC Day Wear Blue, White, and Yellow</b> *Bring your kids to work day 1:00pm Intergenerational Party</p>	<p><b>30</b> 9:00am – 11:00am Coffee <b>10:45 Stories Galorious Entertains</b> 1:00pm Feedback Forum 2:00pm-4:00pm BINGO</p>	<p><b>31</b> 9:00am – 11:00am Coffee 12:00pm Lunch 1:00pm-3:00pm <b>New Year's Eve Party</b> <b>3:00 Center Closes</b></p>			<p>*Activity Alternatives always available</p>