

# February 2016 \*Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 11 Current Events 1 "SINGO" 2 Table Games	<b>2</b> 11 Trivia 12:30 Movie Day "Groundhog Day"	<b>3</b> 11 Worst Joke Wed 11 Craft 1 Tai Chi 1:30 BINGO	<b>4</b> 11 Craft/Name 5 1 Word of Life Ministries with Peg BINGO to follow	<b>5</b> <b>SUPERBOWL PARTY DAY</b>	6
7	<b>8</b> Chinese New Year 11 Kitchen Kreation 1 BINGO 2 Chinese Trivia	<b>9</b> 11 Chair Yoga 1 Communion with Sister Nancy 2 BINGO to follow	<b>10</b> 11 Worst Joke Wed 1 Communion with Sister Nancy 2 Bowling	<b>11</b> 11 Piano Man 11 Kitchen Kreation 1 BINGO 2 Washer Pitch	<b>12</b> 11 Valentine Games 1 Drum 4 Health 2 Cake and Mocktails	13
14	<b>15</b> Presidents' Day Ice Cream Social 1 Word of Life Ministries with Peg 2 Washer Pitch	<b>16</b> 11 Current Events 1 Mari McNeil Entertains 2 Broom Hockey	<b>17</b> 11 Worst Joke Wed 1 BINGO 2 Table Games	<b>18</b> Nat'l Potato Day 11 Potato Games 1 Potato Head Contest BINGO to follow	<b>19</b> 11 Trivia 1 Tai Chi 1:30 BINGO	20
21	<b>22</b> 11 Trivia 1 BINGO 2 Bowling	<b>23</b> 11 Chair Yoga 1 Communion with Sister Nancy BINGO to follow	<b>24</b> 11 Memorial Service 1 Communion with Sister Nancy 2 Washer Pitch	<b>25</b> 11 Trivia 1 Tom Bender Entertains 2 Table Games	<b>26</b> 11 Current Events 1 Horse Racing 2 Table Games	27
28	<b>29</b> 11 Ball-ercise 1 Team Trivia 2 Grab Bag Auction					

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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

*\*Payment is due at the time  
of service\** **THANK YOU!!**

# WELCOME NEW STAFF BABIES!!!

**Winnie Grace**, Born 11/4/2015, 7lbs 6.5oz, 20.75”



**Proud Mother: Melissa McCraith-Mastantuono**

**Sebastian David**, Born 12/17/2015, 8lbs 8oz, 21”



**Proud Mother: Marisa Schuster**

I'M FINE

There's nothing whatever the matter with me.  
I'm just as healthy as I can be.  
I have arthritis in both of my knees  
And when I talk I speak with a wheeze.  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.

I think my liver is out of whack,  
And I have a terrible pain in my back,  
My hearing is gone and my eyes are dim,  
Most everything seems to be out of trim.  
The way I stagger sure is a crime,  
I'm likely to fall at any time,  
But all things considered, I feel fine.

Arch supports for both of my feet,  
Or I wouldn't be able to walk down the street.  
My fingers are swollen, stiff at the joints,  
My nails are impossible to keep in points;  
Complexion is bad, due to dry skin,  
But I'm awfully well for the shape I'm in.

My dentures are out, I'm restless at night,  
And in the morning, I'm a frightful sight.  
Memory's failing, head's in a spin,  
I'm practically living on aspirin,  
But I'm awfully well for the shape I'm in.

Now the moral is this, as this tale unfolds,  
That for you and me who are getting old,  
It's better to say, "I'm fine" with a grin  
Than to tell everyone of the shape we're in.

**Entertainment:**

**Monday, 2/1 1:00 "SINGO"**  
**Thursday, 2/11 11:00 Piano Man**  
**Friday, 2/12 1:00 Drum 4 Health**  
**Tuesday, 1/16 1:00 Mari McNeil**  
**Thursday, 2/25 1:00 Tom Bender**

**Events:**

**Tuesday 2/2 1:00 Movie Day "Groundhog Day"**  
**Wednesday 2/3, Friday 2/19 1:00 Tai Chi**  
**Friday 2/5 Super Bowl Party**  
**Tuesday, 2/9 and 2/23 11:00 Chair Yoga**  
**Thursday 2/18, National Potato Day**  
**Wednesday, 2/24 11:00 Memorial Service**

# CSC Chronicle

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



**February  
2016**

**Fun Facts**

**Flower:  
Violet or  
Primrose**

**Birthstone:  
Amethyst**

**Inspirational  
Quote:**

**"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."**

**– Martin Luther King Jr.**

**Message from the Executive Director:**

We're gearing up for another successful and jam-packed year here at Complete Senior Care PACE!

As we juggle the activities and challenges in our day-to-day lives, it's easy to lose sight of certain things and keep track of it all. I'd like to offer a quick refresher on some very important PACE items and encourage you to make you and your loved one's health a priority for the upcoming year:

- 1. Attending Care Planning as an easy way to be involved in your care:** You are the most important members of the care team for you or your loved one! Exceptional care delivery is only possible when all members are participating. Haven't been active? That's ok! We extend a warm welcome for you to meet with us not only for care planning sessions, but any time you have a need.
- 2. Calling all caregivers! Let us know if you need help:** Caregiving can be the most difficult job. Period. And we understand that. We have services at CSC that can help, or can refer you to someone who can. Stay tuned for caregiver support opportunities in 2016 but in the meantime, please reach out if you need help. We're here to support you and without our caregivers, our program mission would be incomplete. Thank you for all that you do.
- 3. Have questions? New to CSC? Let us know!:** We pride ourselves on program growth and participant retention and satisfaction rates. The secret is an open line of communication with our participants, caregivers and providers. Please call us any time, with any question or issue, so we can work through it together.

We look forward to working together with each and every one of you again this year to bring you the comprehensive and individualized care that only PACE can provide.

Here's to a happy and healthy 2016!  
Virginia

**Meet&Greet  
New Faces:**

- \*Susan D.
- \*Sr. Mary D.
- \*Sally H.

**In Memory:**

- \*Winnie G.
- \*Julia A.
- \*Sr. Laura G.
- \* Marvin T.

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**Friendly  
Reminder:**  
If families would like to bring in store-bought products as a special Birthday treat, please contact **Monica ext.131, 48 hours in advance to allow for proper planning.**

**Thank you!**

**ATTENTION PARTICIPANTS**

**REMINDERS**

1. **Assessments are MANDATORY events that take place every six months, and maintain your eligibility to stay in the PACE program at Complete Senior Care. They are a necessary process to ensure that you are receiving the best care possible from all of the disciplines. We thank you for your collaboration in your health care and look forward to meeting with you on your scheduled day!**
2. **If you have a fall, please, please, please notify a staff member. Our goal is to prevent falls. Any information that we can gather about a previous fall can educate us on how to prevent future falls.**

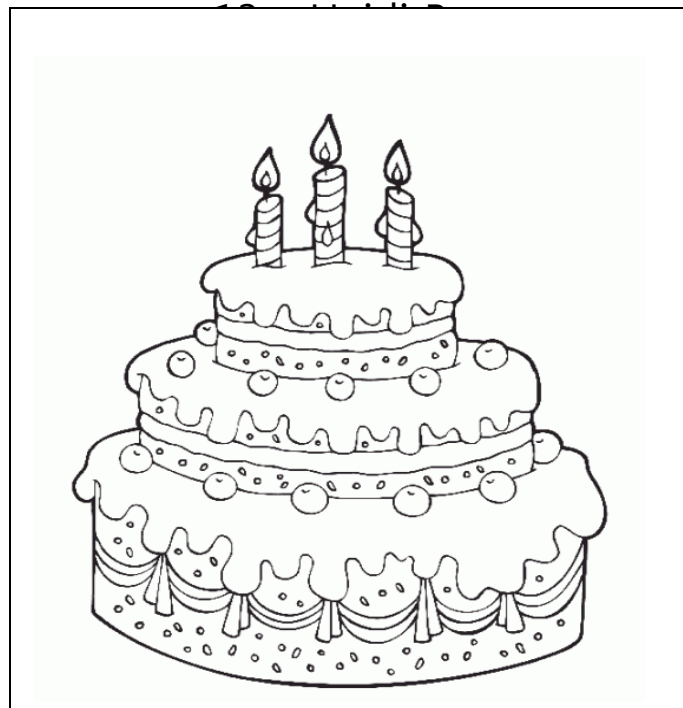


**CSC February Birthdays**

**Participants**

- 6 Nino B.
- 9 John L.
- 17 Wynell P.
- 20 Lillian H.
- 23 Lillie L.
- 25 Connie M.
- 25 Tanya B.

**Staff**



Some tips to stay healthy this winter:

1. Clean your hands often. It helps stop the spread of germs and infections.
2. Carry tissues and hand sanitizer with you at all times.
3. Keep your hands away from your face. This prevents the spread of germs going into your body.
4. Take your gloves off when using or touching public objects. It is easier to clean your hands than your gloves!
5. Never use your teeth or mouth to remove gloves!
6. Never stuff wet accessories into your pocket. Allow them to dry thoroughly in order to kill germs.
7. Wash your gloves and scares often – ideally weekly and when soiled.
8. Get a flu shot every year.
9. Avoid people who are sick with respiratory or stomach virus.
10. Cough and/or sneeze into your elbow, not into your gloves or scarf.

[www.apic.org/patientsafety](http://www.apic.org/patientsafety)

**CSC Would like to Thank:**

- BINGO Prize and other special event donators: Janet and Merle S., Kim H., Gloria M., Sandy P., Alisa R., Nancy H., Candy P., Marie F., Helen M. and Janelle A... We couldn't make BINGO and other special events possible without our generous donors!!

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**Bingo Prize  
Donations  
are always  
GREATLY  
appreciated!**

**“One man’s  
trash is  
another  
man’s  
treasure!”**

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