

CSC Chronicle

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



**February
2017**

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:

Can you believe it's February already? It's hard to believe how fast 2017 is already zipping by! Seems like just yesterday we rang in the New Year and contemplated making resolutions. Did you create any New Year resolutions? If so, how are you doing with following them?

Perhaps you decided as part of your goals for 2017 to focus on your health and taking better care of yourself-- which is a smart decision for us all, regardless of our health status. Whether you're a participant in Complete Senior Care PACE, or a caregiver for someone in our program we encourage all to adopt a healthy lifestyle and, most importantly, to play an active role in your care or the care of your loved one. PACE is a collaborative effort and YOU are the most important part of managing your health and wellness. Taking ownership, making smart decisions and being proactive are great first steps!

Each and every individual who enrolls in our program is asked to identify a goal they'd like to work toward achieving with our help. We hear such goals as “graduating to a walker from a wheelchair,” “reducing my medications,” “managing my depression,” “getting out more / being more social” and “losing weight,” to name a few. These are all goals that we at PACE can absolutely help with. Do you know what your / your loved one's goal was at time of enrollment? Ask a PACE team member any time, or at the time of assessment, what your goal is and evaluate what progress has been made toward achieving it. Remember we're here to give you the individualized supports you need in order for you to achieve your health care wishes.

Even if you've been lax in your New Year resolutions, don't worry. It happens to everyone! The important thing to remember is every day is a new day and that you have an entire team of caring professionals on your side, here to support you and do whatever we can to help manage your care and reach your goals. Don't wait until next year to regain your focus on health and wellness...it's much too important.

Have a great February everyone!

Sincerely,
Virginia



Entertainment:

Wednesday, 2/1 1:00 Niagara Frontier Fiddlers

Thursday, 2/9 11:00 Piano Man

Thursday, 2/9 1:00 Tom Bender

Monday, 2/13 1:00 Saxman Slim

Wednesday, 2/22 1:00 Lyle Stang

Events:

Friday, 2/3 1:00 Drum 4 Health

Monday, 2/6 and 2/27 1:30, Friday 2/17 2:00, Monday 2/20 11:00 Tai Chi

Wednesday, 2/8 1:00 Latin Dance Party

Friday, 2/10 and Tuesday, 2/21 and 2/28 11:00 2/14 1:00 Chair Yoga

Tuesday 2/21, “SINGO”

**Meet&Greet
New Faces:**

- *Lillian J.
- *Tonya W.
- *Clary W.
- *Daryl W.

In Memory:

- *Pat W.
- *Sr. Patrice H.
- *Sam T.

**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!



February Menu Highlights

- Friday February 3rd
 - Pepperoni Pizza Party for Superbowl, chips & Salsa
- Tuesday February 14th Valentine's Lunch
 - Penne parmesan with garlic toast, dinner salad and chocolate cake
- Tuesday February 28th Mardi Gras
 - Jambalaya, okra, ice cream

***Complete Senior Care will now be offering a rotating "Participant's Choice Day" each month. Menu items requested by our Participant Counsel will be highlighted and participants provided with the opportunity to select one item for our menu each month.



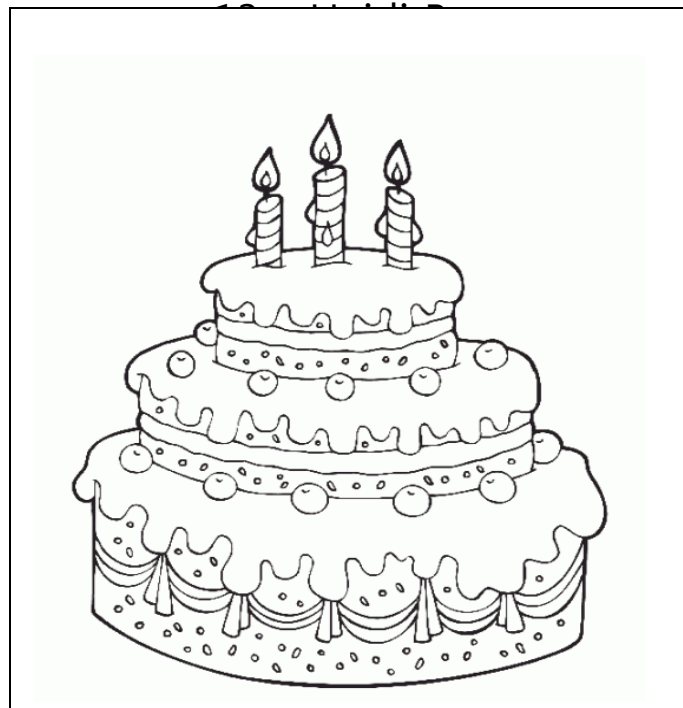
CSC February Birthdays

Participants

- 6 Nino B.
- 9 John L.
- 11 Mark M.
- 13 Jessie B.
- 17 Wynell P.
- 17 Susan R.
- 20 Lillian H.
- 23 Lillie L.
- 25 Connie M.
- 25 Tanya B.
- 25 Tonya W.

Staff

- 9 Candy P.



Please Watch For the Annual Survey:

In the near future, you will receive a survey questionnaire entitled, "Health Outcomes Survey- Modified" (HOS-M) in the mail. The Centers for Medicare & Medicaid Services (CMS) is conducting this survey in order to monitor the health of seniors who are covered by Medicare.

CMS has selected DataStat, a Health Outcomes Survey (HOS) vendor, to conduct the survey. If you do not respond to the mailed survey, DataStat may contact your caregiver to ask if they will complete the survey on your behalf. It takes 10 minutes or less to complete the questionnaire or the telephone interview. Your assistance with completing the survey would be appreciated; however if it is too much of a burden or inconvenience, we understand that you may not be able to participate in the survey. Of course, the survey is voluntary and you are not required to complete it.

Please keep in mind that the Health Insurance Portability and Accountability Act (HIPAA) permits covered entities to disclose protected health information for the purposes of treatment, payment, or health care operations. Since CMS will use information collected by the HOS-M for payment, the disclosure of this information to CMS is permitted by HIPAA.

Thank you for your assistance. Please ask us if you have any questions.

CSC Would like to Thank:

- BINGO Prize and other special event donators: Mary Ellen C., Gloria M., Kathy H., Barb F., Vicki H., Dot S., Michelle S., Sharon, Pat J., Kelli M., Marilyn S. We couldn't make BINGO and other special events possible without our generous donors!!

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

**"One man's
trash is
another
man's
treasure!"**

CSC HAIR SALON

Price List:

Men's Cut.....	\$12
Hair Color Only.....	\$30
Hair Color, Cut, Style.....	\$35
Perm, Cut, Style.....	\$40
Shampoo and Set (or Blow Dry).....	\$15
Shampoo, Cut, and Set (or Blow Dry)	\$20

******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!!**

February 2017

*Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11 Craft 1 Niagara Frontier Fiddlers 2 Sit and Be Fit	2 11:30 Traveling with Glenn 1 Sit and Be Fit 1:30 BINGO	3 11 Kitchen Kreations 1 Drum for Health 2 Table Games	4
5	6 11 Craft 1:30 Tai Chi 2 Washer Pitch	7 11 Sit and Be Fit 1 Communion with Sister Nancy 2 Bowling	8 11 Communion with Sister Nancy 1 Latin Dance Party 2 Table Games	9 11 Craft 11 Piano Man 1 Tom Bender Entertains 2 Sit and Be Fit	10 11 Chair Yoga 1-3 MOVIE DAY	11
12	13 11 Kitchen Kreations 1 Saxman Slim 2 Sit and Be Fit	14 <u>Valentine's Day</u> 10:30 Elementary Children Visit 1 Chair YOGA 2 BINGO	15 11 Sit and Be Fit 1 Hope Chapel 2 Washer Pitch	16 11 Trivia 1 Sit and Be Fit 1:30 BINGO	17 11 Table Games 1 BINGO 2 Tai Chi	18
19	20 <u>Presidents' Day</u> 11 Tai Chi 1 BINGO 2 Bowling	21 11 Chair Yoga 1 "SINGO" 2 Table Games	22 11 Sit and Be Fit 1 Lyle Stang Entertains 2 Skii/Dart Ball	23 11 Sit and Be Fit 1 BINGO 2 Washer Pitch	24 11 Coffee Chat 1 Hope Chapel 2 Sit and Be Fit	25
26	27 11 Current Events 1:30 Tai Chi 2 Wii Games	28 <u>Mardi Gras</u> 11 Chair Yoga 1 Communion with Sister Nancy 2 Washer Pitch				