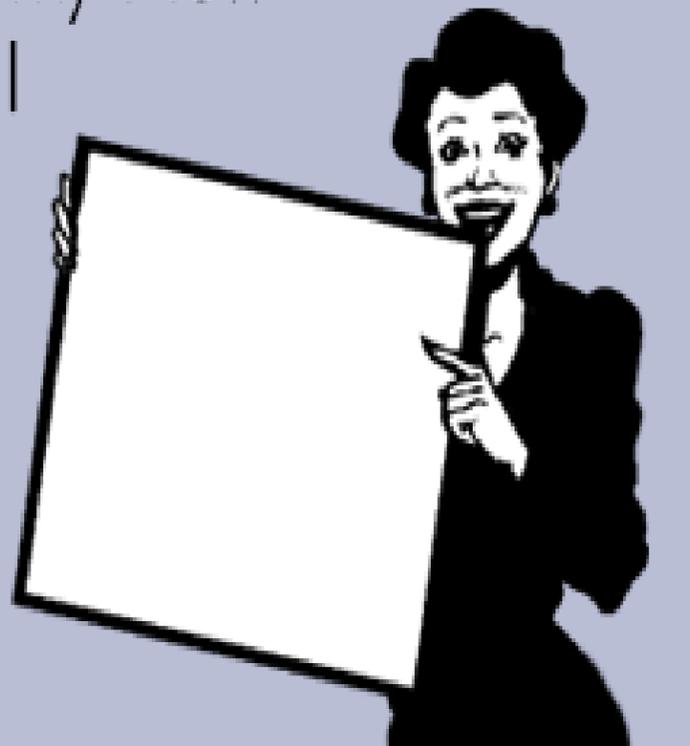


This is a list of all my New Years resolutions I actually think can happen



QuotesIdeas.com

Entertainment:

Friday, 1/6 1:00 PM Lyle Stang Entertains
Monday, 1/9 1:00 Maria Angelova Entertains
Thursday, 1/12 11:00 Piano Man
Tuesday, 1/19 1:00 Retired Men's Chorus
Monday, 1/25 1:00 The Ukeladies
Thursday, 1/27 1:00 Dale Campbell
Monday, 1/30 1:00 "SINGO"

Events:

Tuesday, 1/3, 1/17, 1/24, 1/31 11:00 and 1/10 11:00 Chair Yoga
Monday 1/4 1:00 Tai Chi
Friday, 1/22 Tai Chi

CSC Chronicle

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



**January
2017**

Message from the Executive Director:

Fun Facts

**Flower:
Carnation**

**Birthstone:
Garnet**

**Inspirational
Quote:**

**"A good
beginning
makes a
good end"**

**– English
Proverb -**

Happy New Year to all! I hope you enjoyed your holidays, which for me, is my absolute favorite time of the year. But the hubbub is now over, the gifts are tucked away in their place, the tree and decorations have been taken down, and all our visiting family and friends have left town to return to their homes.

Although I'm disappointed this time of year has come to an end, I have to say I am still excited. It's a different kind of excitement than I was feeling for the holidays, though. This is an excitement and optimism for the New Year and what it may have in store for us. I believe that 2017 is going to be a remarkable year for Complete Senior Care PACE and I couldn't be more pleased to be experiencing it together with each and every one of you.

As you know, Complete Senior Care is the only program of its kind in all of Niagara County and PACE has carved out its own niche in the health care marketplace nationwide. Since 2005 the number of PACE programs has nearly quadrupled, from 33 to 116 programs in 2016. PACE programs are widespread as well, originating 40 years ago in California and now providing services in a total of 31 states in all corners of the US. In other words, the PACE model is gaining recognition and expansion efforts are picking up steam. What an exciting thing to be a part of.

As we start the New Year I'd again like to thank you for choosing PACE, the true trailblazer in coordinated care for older adults. I look forward to a successful 2017 and hope this new year brings with it much joy, good health and happiness for you and those you love.
Sincerely,
Virginia

**Meet&Greet
New Faces:**

*Debbie M.
*Cora O.

In Memory:

*David C.
* Joseph J.
*Bill C.

**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!



January Menu Highlights

- **Monday January 9th Participants' Choice**
Lasagna, garlic toast, Roma vegetables
- **Thursday January 19th**
Beef stew, rice, broccoli, pudding
- **Tuesday January 22nd**
Chicken noodle soup, breadstick, green beans

***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.



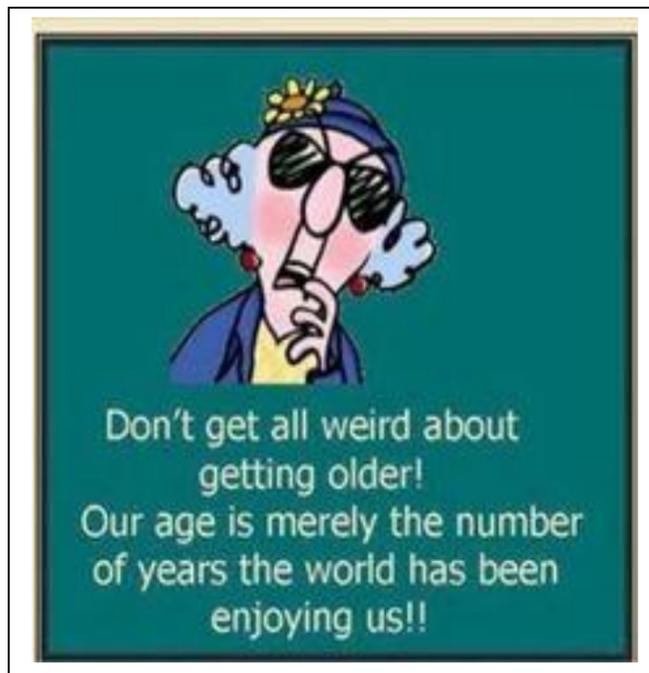
CSC January Birthdays

Participants

- 1 Penny S.
- 6 Lela Mae B.
- 8 Mildred H.
- 8 Margaret S.
- 10 Sr. Mary William E.
- 21 Marianna K.
- 21 Robert R.
- 22 Sr. Marilyn A.
- 23 Betty G.
- 30 Theda S.
- 30 Vicki W.

Staff

- 2 Sandy S.



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

CSC Would like to Thank:

- BINGO Prize donators: Gloria M., Michelle S., Kelly C., Grady, Karen S., Debbie E., Virginia M., Shirley M., Helen M., Pat J., Mary O., Staci B., Rachel S., Debbie B., Geralyn B., Sharon, Monica K., ... We couldn't make BINGO possible without our generous donors!!

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

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

Be Prepared to Stay Safe and Healthy in Winter

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Take These Steps for Your Home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly and replace them twice a year.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds, and call 911.

Take These Precautions Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.

www.cdc.gov/features/winterweather/index.html

January 2017

*Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's day	2 CENTER CLOSED	3 11 Chair Yoga 1 Communion with Sister Nancy 2 Table Games	4 11 Sit and Be Fit 1 Communion with Sister Nancy 2 BINGO	5 11 Kitchen Kreations 1 Sit and Be Fit 1:30 BINGO	6 10:45 Tai Chi 1 Lyle Stang Entertains 2 Bowling	7
8	9 11 Sit and Be Fit 1 Maria Angelova Entertains 2 Washer Pitch	10 11 Kitchen Kreations 1 Chair Yoga 2 BINGO	11 10:45 Tai Chi 1 Hope Chapel 2 Craft	12 11 Craft 1 Participants' Choice of Activity 2 Sit and Be Fit	13 11 Sit and Be Fit 1 BINGO 2 Skii and Dart Ball	14
15	16 M L King Day 11 Craft 1 Sit and Be Fit 1:30 BINGO	17 11 Chair Yoga 1 Communion with Sister Nancy 2 Craft	18 11 Kitchen Kreations 1 Communion with Sister Nancy 2 Sit and Be Fit	19 10:45 Tai Chi 1 Retired Men's Chorus 2 BINGO	20 11 Sit and Be Fit 1 Horse Racing 2 Washer Pitch	21
22	23 11 Kitchen Kreations 1:30 Tai Chi 2 BINGO	24 11 Chair Yoga 1 Movie Day Two Selections Available	25 11 Hope Chapel 1 The Ukeladies 2 Sit and Be Fit	26 11 Trivia 1 BINGO 2 Sit and Be Fit	27 11 Sit and Be Fit 1 Dale Campbell Entertains 2 Table Games	28
29	30 11 Sit and Be Fit 1 "SINGO" 2 Table Games	31 11 Chair Yoga 1 BINGO 2 Washer Pitch				