

**TEAM MEMBERS**

**CEO**  
John Kinner

**Medical Director**  
Dr. Wadhwa

**Clinic Director**  
Jeanette Stone, RN

**Executive Director**  
Virginia McAuliffe

**Homecare Nurse**  
Kathy Henwood and Heidi Burns

**Day Center Manager**  
Kerry Helmbrecht, RN

**Dietician**  
Monica Kirsch

**Marketing-Enrollment**  
Michelle Sutor

**Recreation Therapist**  
Melissa McCraith

**Social Workers**  
Danielle Donner and Kelly Adams

**Therapy**  
Dave Bluett, PT  
Lauren Martin, OT

**Transportation**  
Wendy Harris

**Quality**  
Pat Jones

# CSC Chronicle

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



July 2014



## Message from the Executive Director, Virginia McAuliffe

In a few short days, the streets of downtown Niagara Falls will be filled with the delicious, tangy scent of Chiavetta's Chicken Barbeque! Can't you just smell it now? We're thrilled to be holding our first annual Chiavetta's BBQ on **July 10 from 4 to 6 pm** right at Complete Senior Care PACE! Please come share a delicious meal, try your luck at our basket auction, and visit our health fair. We're pleased to

announce two special raffle items donated by our partners Health Systems Services and Synchronet: a brand new LIFT CHAIR and LAPTOP computer! We already have many baskets and items for the raffle and I'm sure they will continue to roll in as we get closer to the 10<sup>th</sup>. Advance BBQ dinner tickets are available now at Complete Senior Care PACE for a discounted price of \$9 and can be purchased at

the door for \$10 each. Call us at 285-8248 for more information or stop in at the front desk Monday through Friday between 8 and 4 pm. Proceeds from this event go right back to Complete Senior Care PACE to maximize the health, dignity, quality of life and independence of our participants and their dedicated caregivers.

Welcome to summer! I hope to see you all on July 10.

## Day Center Announcements

\*CSC will be closing early July 3<sup>rd</sup> at 2:30pm and closed on July 4 in honor of Independence Day.

Complete Senior Care is having a Chiavetta's Chicken BBQ, Vendor Fair and Basket Auction on July 10<sup>th</sup> from 4pm-6pm. This event is open to the public. Everyone is welcome to attend.

Please call 285-8248 for more information. Raffle tickets will be

available for sale early Thursday for participants that would like a chance to win!

**Regular basket tickets:**  
20 tickets for \$5.00  
**Lift chair and Laptop tickets:**  
1 ticket for \$1.00  
5 tickets for \$2.00  
15 tickets for \$5.00

\*CSC Yard Sale Friday August 8<sup>th</sup> 9a-1p. One man's trash is another man's treasure! We are

accepting donations from participants, families and team members. If item is too big, pick up may be available (please speak with Melissa M).



### CSC Thank-you's

- ALLSTATE, Phillip Mastantuono for donating an IPOD for the music Therapy program
- Cornell Cooperative Extension for the garden plants!

### Recognition

- Participants artwork being displayed at Niagara Falls Power Vista June 25<sup>th</sup>-July 7<sup>th</sup>; reception July 7<sup>th</sup> at 2:00pm.

### Wish List

- Bingo prizes/donations: cleaning supplies, trinkets, snacks



Tom M. waters the CSC garden



## Participant of the Month: Personality Profile Helen J.

Helen is a lively 97 year-old participant at Complete Senior Care. Helen was the first child born to Roman and Virginia Zasucha in Niagara Falls. A sister, Stella, soon joined the family. Sadly, Roman and Virginia divorced and Virginia had just enough money to buy a train ticket for as far away from Niagara Falls as she could – Las Vegas Nevada. Mother Virginia worked at dude ranches and resorts and raised her young daughters. Helen remembers ‘jumping over rattlesnakes’ on her way to school. Eventually Helen returned to Niagara Falls in her early teens and lived with her maternal grandmother in the East Side in the shadow of Holy Trinity church. Grandmother was very instrumental in teaching Helen sewing, canning, gardening, and knitting. Through school, Helen worked at Louis’ Restaurant and Walkers Laundry. Sister Stella also returned to the Falls and met and married Joe Sobchik. Joe and Stella soon returned to Las Vegas to help Virginia run her diner business. The diner evolved over time to ‘Atomic Liquors’ which still exists under new owners after Joe and Stella passed on. Helen enjoyed the social scene and loved to dance. It was in the 1930’s that she met and fell in love with Chester Jakubowski. Chet worked at Shredded Wheat (Nabisco) in the shipping department. He worked his way up through the years to Machinist. Chet and Helen married in 1937 and had one son, Bob, and one daughter, Gail. Helen has six grand-children and eleven great-grand-children and she enjoys spending time with them at every opportunity. She got a job at the Board of Education as a classroom cleaner. Chester retired in 1973 and Helen in 1979. Chester passed away in 1999 and Helen lived alone in her home until moving to Wheatfield Towers for a year and then she moved in with her daughter Gail about 4 years ago. She is in her 3<sup>rd</sup> year of participation and enjoys attending the Day Care Center 5 days a week. She is known as ‘the lady in purple’.

### Meet&Greet New Faces:

**Mary Jane  
B.**

**and**

**Lottie S.**

## CSC July Birthdays

### Participants

Donna B. 7/15

7/9

Sr. Celia K. 7/15

7/20

Candida M. 7/25

Helen J. 7/20

### Staff

Pat Jones

Dr. Moore

Sherry

## CAREGIVER CORNER

Hi everybody. Most of you already know who I am, but for those who are new participants, family members or other caregivers, my name is Dave Bluett. I am the Physical Therapist at Complete Senior Care. My job is to keep everyone in our program as independent with their mobility as possible. I also contribute considerably to helping to keep our participants safe at home and in the community. I help participants with balance, strength and endurance deficits in therapy sessions to achieve both of those goals.

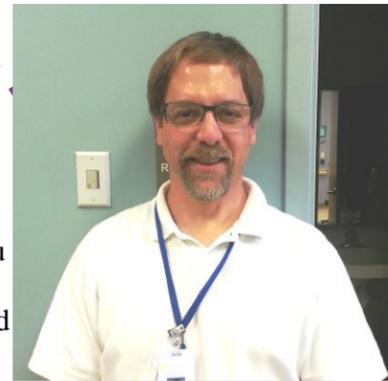
I am also in charge of keeping track of any falls that our participants may have. There are many factors that contribute to causing anyone to fall. Some participants have medical conditions that increase their risk of falling, such as COPD, stroke, Parkinson’s Disease, atrial fibrillation (a-fib), low blood pressure, Diabetes, vertigo, poor vision,

decreased hearing, decreased sensation in their hands or feet; or acute problems like urinary or upper respiratory infections or wounds on their feet.

Other things that increase your risk for falling include: recent changes in medications and or dosages of your medications, using oxygen as it is prescribed, using assistive devices (canes, walkers, wheel chairs, grab bars, knee or ankle braces) as they are prescribed, having adequate lighting (especially when you/they get up in the middle of the night to go to the bathroom) and waiting for help from an aid, family member or other caregiver. One other factor that can increase your risk for falls is your environment: clutter in walkways or hallways, loose railings at stairs, poor lighting, worn or loose carpeting, snow or ice covered stairs or sidewalks, etcetera.

It is a great idea to have a

small flashlight on the bedside table so you can light the way to and from the bathroom in the middle of the night. If you need to wear your glasses during the day, you should wear them when you get up in the middle of the night also. If you need to use a cane, walker or power wheelchair during the day, you should use them when you get up in the middle of the night. Do not rush to get to the bathroom, no matter how strong the urge to urinate may be. It is easier to clean up a mess on the floor than it is to fix a broken arm or leg and learn to walk all over again after a hip fracture! If you can recall the story of the race between a tortoise and a hare (turtle and rabbit), the tortoise ALWAYS wins the race! Stay healthy, stay happy and stay safe! Feel free to contact me at the Complete Senior Care Day Center if you have any questions or concerns about your mobility needs or those of one of your loved ones.



David Bluett, PT

### Inspirational Quote

“You only live once, but if you do it right once is enough.”  
-Mae West

**Pictured below:**  
Bill C. and Glenn T. make music during the Drum For Health Group

### July Activity Highlights

Wednesday, July 2<sup>nd</sup> The Derwald’s entertain at 1:00pm

Tuesday, July 8<sup>th</sup> Tony Pedulla entertains at 1:15pm

Wednesday, July 16<sup>th</sup> Dick Nola is presenting “SINGO” musical version of Bingo at 1:15pm

Friday, July 25<sup>th</sup> Shenodah Acres bring in a Petting Zoo at 1:00pm

Tuesday, July 29<sup>th</sup> Dale Campbell entertains with his music at 1:15pm

### Outings:

Wednesday, July 9<sup>th</sup> outing to Target

Wednesday, July 23<sup>rd</sup> Retired Old Men Eat Out (ROME) group outing TBA  
Additional outings as posted on Activities Calendar

