

July 2016 *Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4 th of July Party 11 Patriotic Trivia 1 VIVA NIAGARA Entertains 2 Table Games	2
3	4 Center Closed Independence Day	5 11 Sit and Be Fit/Puzzles 1 Communion with Sister Nancy 2 BINGO/Craft	6 11 Communion with Sister Nancy 1 Lighthouses of the Seaway Trail Presentation 2 Name 5	7 Participants' Choice Day 11 TBD 1 Word of Life Ministries with Peg 2 TBD	8 11 Puzzles/Craft 1 Tai Chi 1:30 Dale Campbell	9
10	11 11 Current Events/Trivia 1 Latin Dance Party 2 Table Games	12 11 Chair Yoga 1 Fall Prevention Jeopardy 2 Chair BINGO	13 11:15 Tai Chi 1 BINGO 2 Dart Ball	14 11 Piano Man 1 BINGO 2 Washer Pitch	15 11 Sit and B Fit 1 Lawrence Cheeley Entertains 2 Bowling	16
17	18 11 Sit and Be Fit 1 Word of Life Ministries with Peg 2 BINGO	19 11 Sit and Be Fit 1 Communion with Sister Nancy 2 BINGO	20 11 Communion with Sister Nancy 1 Lyle Stang 2 Trivia	21 10:45 Tai Chi 1 Senior Hungry, Hungry Hippo 2 Table Games	22 10-2 Vendor Fair 11 Table Games 1 Shuffle Board in the Sun 2 Name 5	23
24	25 11 Craft 1 BINGO 2 Washer Pitch	26 11 Chair Yoga 1 BINGO 2 Name 5	27 11 Kitchen Kreations 1 MOVIE DAY And SNACK	28 PICNIC 11 Bikini Contest 1 Saxman Slim 2 Pool Time	29 11 Current Events 1 Tai Chi 1:30 BINGO	30

31						
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26 Participants
Attended the Annual
Senior Walk in the
Park!!

**But, who is missing in
this picture?**



Congratulations to Carl!!!!
He walked 2 MILES!!!!!!
Also Congratulations to Marie S. and Nino B.!!!
They each completed the One Mile Course!!



**Senior Art Show at the Power
Vista June 22-July 6**

Participants from Complete Senior Care who
have Sun Catchers on display are:
Rita C., Susan D., Carl D., Millie H.,
Phyllis K., Joyce L., Janice M.,
Connie M., Lillie M., Sandy P., Bertha Y.

Entertainment:

- Friday, 7/1 1:00 VIVA Niagara Entertains**
 - Friday, 7/8 1:30 Dale Campbell Entertains**
 - Thursday, 7/14 11:00 Piano Man**
 - Friday, 7/15 1:00 Lawrence Cheeley Entertains**
 - Wednesday, 7/20 1:00 Lyle Stang**
 - Thursday, 7/28 1:00 Saxman Slim**
- Events:**
- Wednesday, 7/6 New York State Parks Presentation**
 - Friday, 7/8 and 7/29 1:00 Tai Chi**
 - Monday, 7/11 1:00 Latin Dance Party**
 - Tuesday, 7/12 1nd 7/26 11:00 Chair Yoga**
 - Wednesday, 7/13 11:15 and Thursday 10:45 Tai Chi**

CSC Chronicle

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



**July
2016**

Fun Facts

Flower:
Larkspur
Water Lily

Birthstone:
Ruby

**Inspirational
Quote:**

“This country
will not be a
good place for
any of us to
live in unless
we make it a
good place for
all of us to live
in.”

~Theodore
Roosevelt

Executive Director Message:

I'm thrilled to report we have made great progress on our Complete Senior Care garden over the past few weeks! The landscaping has been pruned and mulched, beautiful concrete pathways now provide a safe surface for all to navigate the area and new furniture pieces and accessories, including park benches and umbrellas, are arriving soon to make the garden complete.

This long-awaited, improved garden will soon be open to be enjoyed by all. We are especially proud to have the garden available as part of the Niagara Falls USA Garden Walk on July 23. In the meantime, if you're in the neighborhood (or not), stop on by and see the transformation for yourself!

Also, in the upcoming weeks, you can expect to receive a brief survey in the mail regarding Complete Senior Care PACE (flier enclosed). We ask that you please complete this survey, with or without assistance (please note there is a designated spot on the survey to indicate if you had help completing it). The questions cover the quality of various PACE services, such as care coordination, transportation, and our dietary program.

Please be advised if you receive home care services as part of PACE, you will receive a similar survey specifically regarding quality of your home care services, and we request you please complete that survey as well. The information we receive from these questionnaires is so very valuable—please take the time to complete them so we can continue to make improvements to our programs and services as necessary.

Until next month, enjoy the beautiful summer weather!

Sincerely,
Virginia

Meet&Greet

New Faces:

- *Susan R.
- *Chris J.

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!



July Menu Highlights

- Friday July 1st ;4th of July Party
 - Hamburger, LTO, Cucumber salad, red/white/blue pudding parfait
- Thursday July 7th Participants' Choice
 - BLT Sandwich, sweet potato fries, ice cream
- Thursday June 28th July Picnic
 - Hot dog, pasta salad, baked 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 July Birthdays

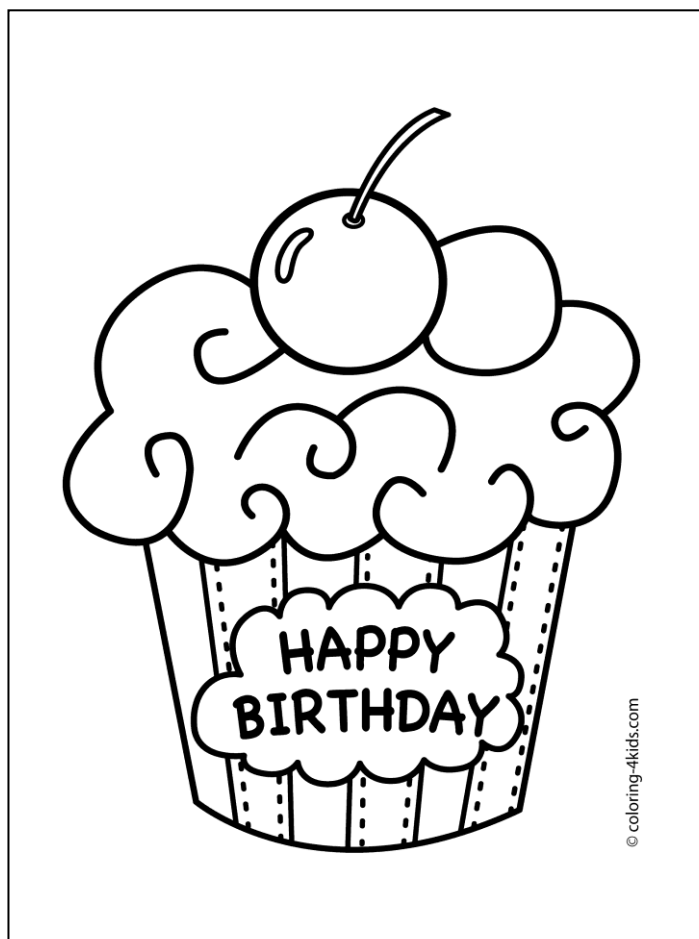


Participants

- 3 Susan D.
- 15 Sr. Celia K.
- 15 Doris M.
- 15 Donna B.
- 17 Sr. Marietta M.
- 19 David D.
- 23 Vito V.
- 25 Candida M.
- 26 Ruthann K.
- 28 Bill C.

Staff

- 9 Pat J.
- 20 Dr. James Moore



Fall Prevention Initiation Project

Fall prevention from a hospital and nursing home point of view

The hospital and nursing home will do an assessment upon admission which determines if you are a high risk for falls. Some factors contributing to being a high risk are: your medications, your medical illness and your history of falls. Mount St. Mary's hospital identifies a patient who is a high risk with a "Red Sky" program. This means they have a red light over your door which alerts all staff to keep a closer eye on you. NFMCC identifies patients at risk with a "Falling star" program. A star is posted outside your door.

The nursing homes prefer not to use the light or star identifiers. Once they determine you are a risk they will make note of it on a care plan that is inside your room. Prevention of falls is focused more on decreasing the risk by frequent checks to make sure your needs are met so you are not getting up without assistance. The call light should be in reach. Your pathways should be clear, lighting is appropriate and having appropriate footwear. Using your walker or cane also helps prevent falls.

Your cooperation with these programs and being aware of your surroundings is a great way to further protect yourself from any falls.

CSC Would like to Thank:

- BINGO Prize and other special event donators: Gloria M., Marie S., Virginia M., Janet and Merle S., Brenda A., Fay P., John K., and the Woodruff family!! We couldn't make BINGO and other special events possible without our generous donors!!

Bingo Prize Donations are always GREATLY appreciated!

We are collecting artificial flowers and empty (and cleaned) frosting containers to repurpose! Please turn any you have into Bonnie or Julie. Thank you so much!!!