

Here are some things that have happened in the last
80 Years!!

Satellites – Cell Phones – Penny Loafers –
Rock ‘n’ Roll – Jets – Microwave ovens –
Sizzling Fajitas – ATMs – Credit Cards –
Bottled Water – TV Dinners – Jukeboxes –
Cheese in a can – The Internet – Wine in a
Box – Remote Controls...what are other
things? _____

Entertainment:

Wednesday, 6/1 1:00 “SINGO”
Friday, 6/3 1:00 Lewiston Larks
Monday, 6/6 1:00 Tom Bender
Thursday, 6/9 11:00 Piano Man
Friday, 6/17 1:00 Drum 4 Health
Thursday, 6/23 1:00 Mari McNeil

Events:

Friday, 6/3 and Wednesday 6/8 11:15 Tai Chi
Tuesday, 6/7 11:00 Chair Yoga
Wednesday, 6/15 New York State Parks Presentation
Monday, 6/20 and Wednesday, 6/29 1:00 Tai Chi
Wednesday, 6/22 1:00 Chair Yoga

CSC Chronicle

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



**June
2016**

Fun Facts

**Flower:
Rose**

**Birthstone:
Pearl and
Alexandrite**

**Inspirational
Quote:**

“If a June
night could
talk, it would
probably
boast it
invented
romance.”

–Bernard
Williams

Message from the Executive Director:

Whelp, we made it! June is here!

And with it comes the warm weather and many fun and exciting activities, happening both inside and outside Complete Senior Care, to keep us active and stimulated!

For example, a group of 25 PACE participants, volunteers and staff will take a field trip June 2 to the Niagara County Senior Walk in the Park in the Town of Niagara. Complete Senior Care is a proud 2016 sponsor of this popular event, which includes four walk paths (lengths), health and resource fair, lunch, entertainment and a free raffle. We’re pleased to support this important community event in so many ways and, at the same time, spend the day together outside of CSC.

Speaking of fun in the sun, we all need to take high heat precautions, especially the older adult population (aged 65 years and older) who are more prone to heat stress than younger people.* Here’s why:

- Older adults do not adjust as well as young people to sudden changes in temperature.
- Older adults are more likely to have a chronic medical condition that changes normal body responses to heat.
- Older adults are more likely to take prescription medicines that impair the body’s ability to regulate its temperature or that inhibit perspiration.

Some signs and symptoms of heat exhaustion vary, but may include paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, cool yet moist skin, fast and weak pulse, fast and shallow breathing.

Protect yourself from heat-related stress:

- Drink cool, non-alcoholic beverages (speak with your doctor if on fluid restrictions)
- Rest
- Take a cool, bath, shower or sponge bath
- If possible, seek an air-conditioned environment (consider visiting the mall or library if you don’t have a/c)
- Wear lightweight clothing
- If possible, remain indoors in the heat of the day
- Do not engage in strenuous activities.

CSC PACE participants and families can call the PACE clinic or on-call nurse after hours (285-8248) if you or your loved one is suspect of heat exhaustion or stroke. Always be prepared when venturing out in the heat, whether it be for the day or 5 minutes.

Enjoy the nice weather and remember...safety first!

Sincerely,
Virginia

*Centers for Disease Control and Prevention, emergency.cdc.gov

**Meet&Greet
New Faces:**

- * Jessie B.
- * David C.
- * Phyllis K.
- * Henry W.

In Memory:

- * Richard F.
- * William B.
- * Tom M.

**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!**



June Menu Highlights

- Tuesday June 14th Flag Day
 - Cheeseburger, Pasta Salad, LTO, Angel food cake with strawberries and blueberries
- Monday June 20th Father's Day
 - Sliced pot roast, herb roasted potato, mixed vegetables, banana cake
- Wednesday June 22th Participant's Choice
 - Italian Sausage, pasta with red sauce, Italian bread, ice cream sandwich

***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 June Birthdays



Participants

- 2 Delores A.
- 6 Karen A.
- 13 Alan A.
- 13 Dolores S.
- 17 Hazel G.
- 18 Helen S.
- 23 Marilyn S.
- 27 Tess M.
- 29 Sr. Lois M.
- 30 Sr. Mary D.

Staff

- 17 Colleen R.



Fall Prevention Initiation Project

Art/Recreation Therapy: Focus on BALANCE

- **EMOTIONAL BALANCE:** There are things that we can do to stay emotionally balanced such as maintaining your social life, listening to music, creating art, understanding our feelings and having healthy outlets to express them.
- **MENTAL BALANCE:** It is important to exercise the brain with such activities as reading, working on jigsaw/word/number puzzles, games, trivia, trying new things, and staying involved with hobbies.
- **PHYSICAL BALANCE:** Being physically active helps to maintain your physical balance. Participating in Tai Chi classes can improve your balance by 45%. Chair Yoga, walking, and other exercising on a regular basis helps you remain at optima functioning.
- **SPIRITUAL BALANCE:** People who feel spiritually fed are generally more positive and are able to negotiate sickness and challenges more effectively.

Make sure you are spending time addressing each of these categories! If you find you need assistance, please contact Julie O'Connor 285-8248 x111.

CSC Would like to Thank:

- BINGO Prize and other special event donators: Martha C., Staci B., Michelle S., Gloria M., Rose and Jamie T., Candy P., Debbie E. 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!!!**

June 2016 *Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11 Communion with Sister Nancy 1 "SINGO" 2 Shuffle Board	2 Senior Walk 11 Sit and Be Fit 1 BINGO 2 Washer Pitch	3 11:15 Tai Chi 1 Lewiston Larks 2 Skii Ball	4
5	6 11 Art 1 Tom Bender 2 Bowling	7 11 Chair Yoga 1-3 Art Floor and Table Games	8 11 Tai Chi 1 BINGO 2 Dart Ball	9 11 Piano Man 1 BINGO 2 Art	10 11 Sit and Be Fit 1-3 GRAB BAG AUCTION	11
12	13 11 Sit and Be Fit 1 Word of Life Ministries with Peg 2 Chair BINGO	14 11 Art 1 Communion with Sister Nancy 2 BINGO	15 11 Communion with Sister Nancy 1 NY State Park Presentation 2 Art	16 11 Men's Workshop 1 BINGO 2 Bowling	17 11 Craft 1 Drum 4 Health 2 Table games	18
19 Father's Day	20 11 Father's Day Spa 1 Tai Chi 1:30 Tie Tying	21 11 Kitchen Kreations 1 Senior Hungry Hippo Game 2 Chair BINGO	22 Participants' Choice Day 11 Puppets 1 Chair Yoga 2 TBD	23 11 PAC Meeting 11 Sit and Be Fit 1 Mari McNeil 2 Shuffle Board	24 Theme Basket Auction Kick-Off 10 Sit and Be Fit 11 Kitchen Kreations 12:30 Movie and a Snack	25
26	27 11 Kitchen Kreations 1 BINGO 2 Dart Ball	28 11 Puppets 1 BINGO 2 Skii Ball	29 11 Strawberry Jammin' 1 Tai Chi 2 Washer Pitch	30 11 Sit and Be Fit 1 Word of Life Ministries with Peg 2 Chair BINGO		

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LuLaRoe Pop-UP Boutique



There will be a huge selection of skirts, dresses, leggings, kimonos & tops in womens sizes XXS-3XL, and kids sizes 2T-14. Clothes with style & Comfort!! A variety of prints & solids! You can browse, try on and take home your new clothes.

Friday June 10th

11am-2pm

Cash/Credit Accepted



**Facebook.com/
LuLaRoe Debra
Susfolk**



**Instagram
LuLaRoe
Debra Susfolk**