

## CSC Team Members

### **CEO**

John Kinner

### **Executive Director**

Virginia McAuliffe

### **Executive Assistant**

Martha Cory

### **Receptionist**

Staci Bucci

### **Day Center Manager**

Debbie Brown, RN

### **Day Center Aides**

Bonnie Brown

Marisa Schuster

MaryAnn Wise

Pam Wynes

### **Medical Director**

Dr. Arvind Wadhwa

### **Primary Care**

Dr. Alberta Micale

Dr. Robert Moore

Patricia Treverton, NP

### **Clinic Staff**

Jeanette Stone, RN

Mary Ohanessian, RN

Colleen Robbins, CMA

### **Therapy**

Dave Bluett, PT

Kim Huber, OTR/L

Ashlie Marcyan, SLP/CCC

### **Volunteers**

Brenda Archie

John Hartung

Charlene Wolkiewicz

Chauncey Young

### **Home Care Coordinator**

Kathy Henwood, RN

### **Health Care Coordinator**

Heidi Burns, RN

Janelle Atkinson, RN

### **Social Workers**

Kelly Carr, MSW

Peter R. Firestone, LMSW

### **Dietary Staff**

Monica Kirsch, RD

Dorothy Gallagher

### **Recreation**

Julie O'Connor, MS LCAT

### **Marketing and Enrollment**

Michelle Sutor

Melissa McCraith-

Mastantuono

### **Quality**

Pat Jones, RN

### **Medical Records**

Kim Williamson

### **Claims**

Sandra Steffenhagen

### **Transportation**

Geralyn Blose

### **Cosmetologist**

Debbie Eshenour

### Entertainment:

**Friday, 11/6 1:00 PM Lyle Stang**

**Monday, 11/9 1:00 Drum 4 Health**

**Thursday, 11/12 11:00 Piano Man**

**Friday, 11/20 1:00 "SINGO"**

**Tuesday 11/24 1:00 Cindy Wolcott Entertains**

### Events:

**Monday, 11/2 and 11/23 Tai Chi**

**Thursday 11/5 and Tuesday 11/17 Chair Yoga**

**Tuesday, 11/10 1:30 Silver Sneakers with Karen**

**Wednesday, 11/11 Fall Festival – Staff Kids' Day**

**Friday, 11/13 10:00-2:00 VENDOR FAIR**

**Wednesday 11/25 10:45 Music Therapy**

# CSC Chronicle



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

## November 2015

### Fun Facts

**Flower:**  
Chrysanthemum

**Birthstone:**  
Topaz and Citrine

**Inspirational Quote:**

“Even if something is left undone, everyone must take time to sit still and watch the leaves turn.”

**Elizabeth Lawrence**

## A Message from the Executive Director

November is National Family Caregivers Month and we applaud caregivers everywhere for lending support to friends and family in need. Without caregivers, care models such as PACE (Programs of All Inclusive Care for the Elderly) like we have at Complete Senior Care, would not be possible. Caregivers are a crucial part of our CSC family and without them, many of our participants would not have the chance to age in the comfort of their own home.

While being a caregiver can be rewarding, it can also be a very challenging and taxing experience. The Centers for Disease Control and Prevention (CDC; [cdc.gov](http://cdc.gov)) remind caregivers to take care of themselves--for their own health and for the health of the one they are caring for. The CDC advises caregivers to:

- Keep up with your own medical care; don't skip regularly scheduled preventive care, such as flu shots.
- Make sure to get enough rest.
- Continue or start to get regular physical activity, which is one of the best stress reducers.
- Continue to nurture your own social relationships. A strong social network can help you cope with stress and provide support.
- Reach out for help when you need it. Get acquainted with your local support services.

Complete Senior Care PACE is very fortunate to have outstanding social workers on staff, Kelly Adams and Peter Firestone, who coordinate and provide supportive services to our caregivers and participants. The entire CSC team, led by Kelly and Peter, works together to deliver comprehensive care coordination including strong supports for those both receiving and providing care. Kelly and Peter can be reached by calling our main number 716-285-8248 as needed or by appointment.

Again, a special thank you again to all our caregivers this month and always. Both our participants and our program thrive thanks to your dedication and compassion.

Sincerely,  
Virginia



**Meet&Greet  
New Faces:**

- \* **Nino B.**
- \* **Georgia D.**
- \* **Miroslava D.**
- \* **Tina E.**
- \* **Lillie L.**
- \* **Karin R.**

**In Memory:**

- \* **Stephen K.**

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**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!**

**Who Qualifies for a Power Wheelchair or Scooter**

From time to time one of our participants or one of their family members requests a power wheelchair or scooter. As you know, Complete Senior Care is both your Insurance Provider and your health care provider. We are required to follow federal laws and guidelines that are set up to determine who is or isn't eligible for a power mobility device. These guidelines can be viewed on the internet by going to the following link: [PMD\\_DocCvg\\_FactSheet\\_ICN905063.pdf](#).

For those of you who do not have internet access I will provide a summary of the guidelines.

Power Operated Vehicles (Scooters) and Power Wheelchairs (PWC's) are covered under the Medicare Part B benefits. The government defines a scooter or power wheelchair as a "covered item that a patient uses in their home". The Basic Coverage Criteria for All Powered Mobility Devices are as follows:

1. The patient must have a mobility limitation that "significantly impairs" their ability to participate in one or more Mobility Related Activities of Daily Living (MRADL's) such as toileting, feeding, dressing, grooming and bathing. This limitation must prevent the patient from accomplishing an MRADL entirely or within a reasonable time frame ... AND/OR ...places the patient at increased risk of injury or death due to attempting to perform an MRADL.
2. The mobility limitation cannot be addressed by using an appropriately fitted cane or walker.
3. The patient does NOT have enough upper extremity function to self propel a properly fitted manual wheelchair. (Proper width, height, weight, seating options and other non-powered accessories). Limitations of strength, endurance, range of motion or coordination and the presence of pain; OR deformity or absence of one or both upper extremities are all parts of the upper extremity functional assessment.

For Scooters, the following requirements must also be met:

1. The patient must be able to safely transfer on and off of the scooter.
2. The patient must be able to safely operate a tiller (handle bar) steering system.
3. The patient must have the postural strength and control to maintain a safe position while operating a scooter in the home.
4. The patient must have the mental and physical capabilities (vision, spatial awareness, judgement or coordination) to safely operate the scooter in the home.
5. The patient's home has adequate access in rooms and hallways for maneuvering space and surfaces for the scooter.
6. The patient's weight does not exceed the weight capacity of the scooter.
7. The patient's use of a scooter will "significantly" improve their ability to participate in MRADL's.
8. The patient will use the scooter in their home AND has not expressed any unwillingness to use the scooter in their home.

The requirements for qualifying to receive a Power Wheelchair are as follows:

1. The patient does NOT meet the coverage criteria for a Scooter.
2. The patient has sufficient mental and physical capabilities to safely operate a PWC; OR the patient's caregiver is available, willing and able to operate the PWC but is unable to adequately propel an optimally fitted and accessorized manual wheelchair.
3. The patient's home has adequate floor coverings and maneuvering space for safely operating a PWC.
4. By using a PWC a patient's ability to participate in MRADL's will be "significantly improved". (Even if the patient still requires the assistance of a caregiver).
5. The patient will use the PWC in the home and has NOT expressed any unwillingness to use a PWC in their home.

Additionally, a Licensed/Certified Medial Professional (PT, OT or a specifically trained physician) must perform a mobility specific evaluation on the patient AND document the medical necessity for the scooter or power wheelchair. These professionals must NOT have any financial relationship with the device supplier. The supplier **MUST** employ a Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) certified Assistive Technology Professional. The supplier **MUST** specialize in Scooters or PWC's, and must have a face to face in-person interaction with the patient during the selection process.

If you or a caregiver have any questions about qualifying for a powered mobility device, please feel free to contact me at Complete Senior Care (285-8248). Thank you. I hope this information is useful.  
David Bluett, PT



**CSC November Birthdays**

**Participants**

- 4 Ruth D.
- 6 Richard F.
- 10 Eleanore R.
- 19 Stella L.
- 21 Barbara K.

**Staff**

- 5 Mary O.
- 14 Michelle S.
- 16 Debbie B.
- 17 Bonnie B.

Thanksgiving poem:

"I ate too much turkey,  
I ate too much corn,  
I ate too much pudding and pie,  
I'm stuffed up with muffins  
and much too much stuffin',  
I'm probably going to die.

I piled up my plate  
and I ate and I ate,  
but I wish I had known when to stop,  
for I'm so crammed with yams,  
sauces, gravies, and jams  
that my buttons are starting to pop.

I'm full of tomatoes  
and french fried potatoes,  
my stomach is swollen and sore,  
but there's still some dessert,  
so I guess it won't hurt  
if I eat just a little bit more."  
- Jack Prelutsky, *I Ate Too Much*

**CSC Would like to Thank:**

- BINGO Prize donators: Sharon, Karen A., Monica K., Gloria M., Merle and Janet S., Anne S., Fay P., Kim W., Bill and Gail F., Marilyn S.
- Special Thank you to Mary Ann W., for the new Fish tank and the plethora of donations you have blessed us with!!!

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**Special  
Request:**

**This month we  
are in need of  
the following for  
our Christmas  
Cup Project:**

**\*Individually  
wrapped  
candy**

**\*Small  
themed  
notions**

**We could not  
orchestrate  
special  
projects  
without the  
generosity of  
those who  
send in  
donations!!!  
THANK YOU  
SO VERY  
MUCH!**

# November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> 11 Wii 1 Tai Chi 1:30 BINGO	<b>3</b> 11 Craft 1 Communion with Sister Mary 2 Washer Pitch	<b>4</b> Organization Mtg. 11 Spa Day 1 Communion with Sister Maura 2 Grab bag	<b>5</b> 11 Chair Yoga 1 Word of Life Ministries 2 BINGO	<b>6</b> 11 Craft 12:45 Lyle Stang Entertains 2 Game Time	7
8	<b>9</b> 11 Craft 1 Drum 4 Health 2 Bowling	<b>10</b> 11 Spa Day 1:30 Silver Sneakers with Karen	<b>11</b> Veterans Day FALL CARNIVAL 11:30 Recognition 1:00 Carnival games and prizes and photo booth	<b>12</b> 11 Piano Man 1 Senior Choir Performs 1:30 BINGO	<b>13</b> VENDOR FAIR 10AM – 2PM 11 Coffee and Shopping 1:30 BINGO	14
15	<b>16</b> 1 Kitchen Kreation 1 Word of Life Ministries 2 Washer Pitch	<b>17</b> 11 Chair Yoga 1 Communion with Sister Mary 2 Games	<b>18</b> 11 Coffee Time 1 Communion with Sister Maura 2 BINGO	<b>19</b> 11 PAC Meeting 1:00 BINGO 2 Music and Move	<b>20</b> 11 Wii 1 "SINGO" 2 Table Games	21
22	<b>23</b> 11 Coffee Time 1 Tai Chi 1:30 BINGO	<b>24</b> 11 Kitchen Kreation 1 Cindy Wolcott Entertains 2 BINGO	<b>25</b> 11 Music Therapy 1 MOVIE DAY	<b>26</b> <b>Thanksgiving Day</b>	<b>27</b> <b>Center Closed</b>	28
29	<b>30</b> 11 Craft 1 BINGO 2 Washer Pitch					



# **VENDOR FAIR**

**Friday, November 13**

**10:00am – 2:00pm**

**In the Complete Senior Care Atrium  
1302 Main Street, Niagara Falls, NY**

**Shops include:**

**AVON, Jewelry, Tastefully Simple, Scentsy, Jamberry Nails, and Tupperware...**

**\*10% of all proceeds will be donated toward the Complete Senior Care Activities Department!**

# CSC HAIR SALON

## Price List:

Men's Cut.....	\$10
Hair Color Only.....	\$25
Hair Color, Cut, Style.....	\$35
Perm, Cut, Style.....	\$35
Shampoo and Set (or Blow Dry).....	\$10
Shampoo, Cut, and Set (or Blow Dry)	\$15

\*\*\*\*\**Gratuuity NOT included*\*\*\*\*\*

**\*Special:** Purchase 5 Shampoo and Sets for \$50.00 and receive one **FREE** Hair Cut!!



Call **Debbie** at (716)285-8248 X119

*\*Gift Certificates are available for the Salon at CSC*