

## New Mercedes

A senior citizen in Florida bought a new Mercedes convertible. He took off down the road, flooring it to 80 M.P.H. and was enjoying the wind blowing through the hair he had left on his head. "This is great," he thought as he roared down the interstate. He pushed the pedal to the metal even more.

Then he looked in his rear view mirror and saw a highway patrol trooper behind him, blue lights were flashing and siren blaring. "I can get away from him with no problem," thought the man. He tromped it some more and flew down the road tipping the speedometer at 100 M.P.H.!

His better judgment finally got through to him. "What am I doing? I am too old for this kind of thing," he thought to himself. He pulled over to the side of the road and waited for the trooper to catch up with him.

The trooper pulled in behind the Mercedes and walked up to the man, "Sir," he said, looking at his watch. "My shift ends in 30 minutes and today is Friday. If you can give me a reason why you were speeding that I have never heard before, I'll let you go."

The man looked at the trooper and said, "Years ago my wife ran off with a Florida State Trooper and I thought you were bringing her back."

## Entertainment:

**Tuesday, 11/1 1:00 Saxman Slim Entertains**

**Thursday, 11/10 1:00 Lyle Stang Entertains**

**Thursday, 11/10 11:00 Piano Man**

**Wednesday, 11/16 1:00 Latin Dance Party**

**Monday, 11/21 1:00 Lewiston Larks**

**Tuesday, 11/29 1:00 NYS Parks Presentation on Ice Bridges**

## Events:

**Tuesday, 11/8 and 11/29 1:00 Chair Yoga**

**Thursday, 11/3 and 11/17 10:45 Tai Chi**

**Tuesday 11/22 12:45 Tai Chi**

**Friday 11/4, 11/11, 11/18 10:00-2:00 Vendor Visits**

# CSC Chronicle

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



**November  
2016**

## Fun Facts

**Flower:**  
Chrysanthemum

**Birthstone:**  
Citrine and  
Topaz

**Inspirational  
Quote:**

"Gratitude  
is not only  
the greatest  
of virtues,  
but the  
parent of all  
others."

~Marcus

Tullius

Cicero

## **Executive Director Message:**

Are you or someone you know caring for someone with Alzheimer's or another type of dementia? Do you/they struggle with activities to keep them happy, occupied and safe?

In 2015, more than 15 million caregivers provided an estimated 18.1 billion hours of unpaid home care for their loved ones living with dementia (alz.org).

November is National Family Caregivers Month. This month and always we applaud caregivers everywhere for lending support to friends and family in need, including those living with dementia. Without caregivers, care models such as PACE like we have at Complete Senior Care, would be neither successful nor possible.

Here are some tips from the Alzheimer's Association (visit alz.org for more) when it comes to choosing activities for your loved one:

- **Keep the person's skills and abilities in mind.**  
A person with dementia may be able to play simple songs learned on the piano years ago. Bring these types of skills into daily activities.
- **Encourage involvement in daily life.**  
Activities that help the individual feel like a valued part of the household — like setting the table — can provide a sense of success and accomplishment.
- **Relate to past work life.**  
A former office worker might enjoy activities that involve organizing, like putting coins in a holder or making a to-do list. A farmer or gardener may take pleasure in working in the yard.
- **Consider time of day.**  
Caregivers may find they have more success with certain activities at specific times of day, such as bathing and dressing in the morning.
- **Adjust activities to disease stages.**  
As the disease progresses, you may want to introduce more repetitive tasks. Be prepared for the person to eventually take a less active role in activities.

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. Please let us know how we can support you as we are in this together.  
Sincerely,  
Virginia

**Meet&Greet**

**In Memory:**


- \*Sr. Celia K.
- \*Connie C.

**New Faces:**

- \*Roberta O.
- \*Margaret S.

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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!**



**November Menu Highlights**

- Friday November 4<sup>nd</sup> Participants' Choice
  - Spaghetti and meatballs with dinner salad and breadstick
- Tuesday November 15<sup>th</sup>
  - Chili with garlic toast
- Friday November 23<sup>rd</sup> Thanksgiving Dinner
  - Turkey, stuffing, mashed potato, gravy, corn, pumpkin pie

\*\*\*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 November Birthdays**



- Participants**
- 4 Ruth D.
  - 19 Stella L.
  - 21 Barbara K.
  - 25 Rosemary F.
- Staff**
- 5 Mary O.
  - 14 Michelle S.
  - 16 Debbie B.
  - 17 Bonnie B.
  - 26 Charlene W.



**Fall Prevention Initiation Project**

**From our Home Care Coordinator:**

**THE KITCHEN**

- H** Use sturdy, safety-approved step stools when trying to reach objects on higher shelves and never stretch on one foot to reach objects.
- I** Store commonly used items in easy to reach areas, not high shelves.
- J** Potholders, curtains and other cloth objects create a severe fire hazard when located over or near a stovetop.
- K** Appliances kept near sinks and water create situations in which electrical shock may occur.
- L** Smoke alarms should be in every kitchen and kept up to date with fresh batteries. Fire extinguishers should also be kept current.
- M** Objects kept on top of refrigerators and freezers easily topple over when the doors are open.
- N** Fasteners attached to cabinets keep doors from swinging open when not in use.

**THE FRONT PORCH**

- V** Stumbles and falls occur when cement on steps is cracked and crumbling.
- W** Railings should reach one foot beyond the tops and bottom step of the porch.
- X** Keep your entryway and porch well lit.

**THE BEDROOM**

- D** Telephones should be located close to the bed in the event of an emergency.
- E** Light switches should be located near doors to avoid stumbling through dark rooms. A flashlight could be kept by the bed.
- F** Pets, books and other objects left on top of electrical blankets cause overheating and create a potential fire hazard.
- G** Shoes, clothing and other objects left near the bedside are easy to trip over.

**THE LIVING ROOM**

- R** Keep electrical cords out of pathways.
- S** Keep telephones in easy to reach areas and emergency phone numbers nearby.
- T** Space your furniture to allow for clear pathways.
- U** Aging furniture that is too soft or sags make it extremely difficult to get off a chair or couch.

**THE BATHROOM**

- A** Scattered rugs and towels cause slips and falls when used as mats in the bathroom.
- B** A curtain rod (or soap dish, shower nozzle, etc.) is unsafe when used as a stabilizing handle; instead, install a secure grab bar at the edge of the tub and along the back wall. Also add grab bars for the toilet.
- C** Hair dryers and other appliances located too close to water create the possibility for electrical shock.

- CSC Would like to Thank:**
- BINGO Prize and other special event donators: Gloria M.!!! We couldn't make BINGO and other special events possible without our generous donors!!

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

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

# November 2016 \*Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 11 Communion with Sr. Nancy 1 Saxman Slim 2 Table Games	<b>2</b> 11 Communion with Sr. Nancy 1 BINGO 2 Skii and Dart Ball	<b>3</b> 10:45 Tai Chi 1 BINGO 2 Bowling	<b>4</b> Vendor Visit 10-2 11 Current Events 1 BINGO 2 Washer Pitch	<b>5</b>
<b>6</b>	<b>7</b> 11 Sit and Be Fit 1-3 MOVIE MONDAY With 2 Selections	<b>8</b> 11 Chair Yoga 1 BINGO 2 Bowling	<b>9</b> 11 Table Talk 1 Hope Chapel 2 Washer Pitch	<b>10</b> 11 Craft 11 Piano Man 1 Lyle Stang 2 Table Games	<b>11</b> Vendor Visit 10-2 11 Intergeneration 1 Celebration And Recognition Veterans Day	<b>12</b>
<b>13</b>	<b>14</b> 11 Craft 1 BINGO 2 Washer Pitch	<b>15</b> 11 Kitchen Kreations 1 Communion with Sr. Nancy 2 Skii and Dart Ball	<b>16</b> 11 Communion with Sr. Nancy 1 Latin Dance 2 Table Games	<b>17</b> 10:45 Tai Chi 1 Word of Life 2 BINGO	<b>18</b> Vendor Visit 10-2 11 Trivia 1 Horse Racing 2 Table Games	<b>19</b>
<b>20</b>	<b>21</b> 11 Trivia 1 Lewiston Larks 2 Table Games	<b>22</b> 11 Craft 12:45 Tai Chi 1:30 BINGO	<b>23</b> 11 Table Talk 1 Hope Chapel 2 Skii Ball and Dart Ball	<b>24</b> Center Closed Thanksgiving Day	<b>25</b> Center Closed	<b>26</b>
<b>27</b>	<b>28</b> 11 Kitchen Kreations 1 Word of Life 2 BINGO	<b>29</b> 11 Chair Yoga 1 Ice Bridges Presentation 2 Volley ball in the Atrium	<b>30</b> 11 Craft 1 Maria Angelova 2 Washer Pitch			