

September is HEALTHY BALANCE Month

Each week focuses on one of the four categories we need to keep balanced in our lives: **Emotional, Mental, Physical, and Spiritual**. There is a video selection you may want to partake in that will change daily and goes along with the focus of the week. Video selections are noted on the calendar by **V**:

NEW to the Center:

Open Art Studio Sessions

Come back to the Art Room and create whatever your heart desires using any of the materials we have...you are only limited by your imagination!!

***Enjoy the Fall Prevention Puzzle Page!!**

***Please note the “Grievance and Appeal Fact Sheet” included with this month’s newsletter**

Entertainment:

Thursday, 9/1 1:00 Dale Campbell Entertains
Friday, 9/2 1:00 Cindy Wolcott Entertains
Thursday, 9/8 11:00 Piano Man
Friday, 9/9 1:00 Lyle Stang Entertains
Wednesday, 9/14 1:00 Saxman Slim Entertains
Tuesday, 9/20 1:00 Latin Dance Party
Monday, 9/26 Niagara Frontier Fiddlers Club Entertain

Events:

Tuesday, 9/6 1:00 Tai Chi
Tuesday, 9/13 and 9/27 11:00 Chair Yoga
Tuesday, 9/20 and Thursday 9/15 and 9/29 10:45 Tai Chi

CSC Chronicle

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



September
2016

Fun Facts

Flower:
Aster

Birthstone:
Sapphire

Inspirational Quote:

“Happiness
is a state of
mind. It’s
just
according to
the way you
look at
things.”

~Walt Disney

Executive Director Message:

Greetings everyone and welcome to September! Best of luck to all your school-aged grandchildren, great-grandchildren, neighbors, friends and loved ones (and all their parents!) on getting back into the school routine over the next couple weeks. As many of you know, I now have a 4th grader and a 2nd grader who will soon be back in class and very busy after school with travel soccer and other extracurricular activities. I wonder how they do it? Their energy and enthusiasm inspires me and I love seeing them grow every day. They serve as a constant reminder to me we should never stop learning and changing regardless of age.

Lately I’ve come across quite a few articles on the popular trending topic of “reinventing yourself,” which to me is always interesting stuff...and worth really delving into with a new season upon us. Plus September is Healthy Aging Month, so I wanted to share with you a few items from a list I found of tips related to reinventing oneself, as created by the writers of Healthy Aging Magazine (healthyaging.net):

1. **Do not act your age or at least what you think your current age should act like.** Picture yourself at your best year so far (age 24? or 65?) and BE IT!
2. **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive.
3. **Distance yourself from people who do not have a positive outlook on life.** Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
4. **How’s your smile? Research shows people who smile more often are happier.**
5. **Lonely? Stop brooding and complaining about having no friends or family.** Do something about it now. Pick up the phone, landline, or cell and make a call.
6. **Find your inner artist.** You may have an artist lurking inside you just waiting to be tapped. Have you ever wondered if you could paint a portrait or scenic in oil? (Tip: Speak with Julie O’Connor at PACE to see if you’re a candidate for an Art Therapy session!)

Here’s to September...let’s make it a great month!

Sincerely,
Virginia

Meet&Greet

In Memory:
***Merle S.**

New Faces:

***Barbara C.**
***Karolyn M.**
***Mark M.**
***Barry 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!**

September Menu Highlights

- Friday September 2nd Participant Choice**
- Pizza Party, Ice Cream
- Monday September 12th**
- Scalloped potatoes and Ham, Zucchini
- Friday September 16th**
- Fish fry, Sweet potatoes, coleslaw, peaches

***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.



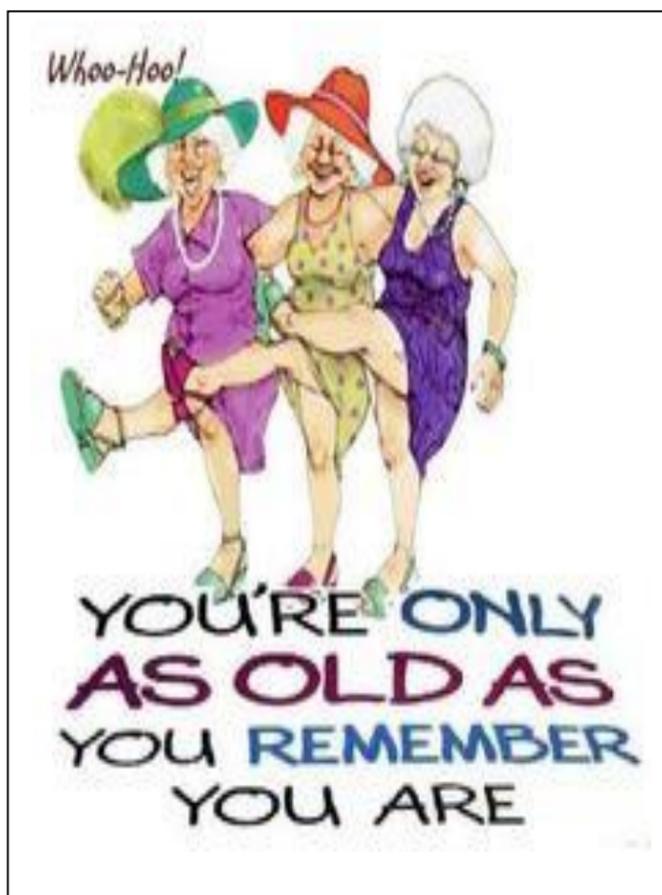
CSC September Birthdays

Participants

- 4 Clifford F.
- 6 Debra L.
- 8 Margie C.
- 10 Cheryl B.
- 12 Winnifred D.
- 14 Betty C.
- 20 Audrey L.
- 21 Rita C.
- 23 Sandra P.
- 23 Shirley C.
- 24 Lillie M.

Staff

- 3 Dr. Alberta Micale
- 4 Pamela W.
- 18 Melissa M.



Fall Prevention Initiation Project

Physical Therapy & Falls Prevention

Wow, where has this year gone? I can't believe it is September already! It seems like just yesterday that we had our Health Fair at Complete Senior Care. You remember the Health Fair, don't you? Each of our team members put together display boards to show our members how we all have input on your level of risk for falls. Today, I just want to remind you how Physical Therapy can help you to reduce your level of risk for falls.

The first time I met each of you was when I did your Initial Physical Therapy Evaluation. During that evaluation I asked a lot of questions about your home set up, your medical history and your history of falls. Then I check you out physically to see if you have any deficits in strength, range of motion, sensation, balance, coordination, memory or mental alertness. Then I put all of this together to come up with a plan for how I can help you to lower your level of risk for falls.

The major risk factors for falling include:

Your age (the older we get the higher our risk for falls). We can't change our age, but we can understand how it affects our risk for falls. As we age our bodies tend to wear out. Our joints ache, we may get weaker, have decreased vision or hearing and as a result we become less active. We may also experience a decline in mental awareness and or memory.

Your history of falls (If you have had a fall within the past 3 months you are much more likely to fall again). Often, after a fall, we become afraid of falling again. This causes us to self limit our mobility and activity levels, which leads to getting weaker. Once we start getting weak it becomes harder to do everyday activities like getting dressed, bathing, getting in or out of bed, getting up from sitting and using the toilet.

The number of medications you take every day. The more medicines you take, the more possible reactions can happen between them. Some medications can increase or decrease the strength of others. Some foods can have the same effect. Some medications may have known side effects that can make you dizzy, drowsy or less aware of our surroundings. Sometimes, this leads to you having another medication prescribed to help reduce those negative side effects.

Your mobility status. Do you have any difficulties standing, transferring or walking? Do you need to use any assistive devices to help you continue to be able to walk? Even with the use of an assistive device do you need someone else to assist you to stand, transfer or walk?

Do you have any problems with incontinence of bowel or bladder? These can pose a physical risk (make surfaces slippery). They can cause you to rush, hurry or forget to use your assistive device in an attempt to avoid an accident.

Do you have any mental status changes? Changes in memory? Confusion? Do you get easily agitated? Do you remember to use your cane or walker every time you get up to walk? Do you remember that it is day or night? Do you remember to turn on a light if you get up in the middle of the night? These can impair your ability to make good, safe decisions.

What is your home environment like? Do you live alone or with other family members? Do you have adequate lighting in your house? Are your rugs in good shape? Are your floors level? Are there a lot of boxes, furniture or clutter in your house? Do you have a lot of stairs to navigate?

Are you in good health? Do you feel as good today as you did yesterday? Are you tired? Did you sleep okay? Are you being treated for any infections? Both the infection and the treatment for one can cause you to feel weak or dizzy.

What can you do to help prevent having a fall? Remain active! Participate in our yoga or tai chi activities. Park your power wheelchair or scooter and walk throughout the CSC Day Center as much as possible. Take your medications on time and as prescribed. Wear properly fitting shoes whenever you are likely to be walking around. ALWAYS use your walker, cane or wheelchair if you have been told that you need one of these devices. Stay on paved, hard surfaces whenever possible. Have your vision and hearing checked every year. Take your time, don't rush. It's a lot easier to mop up a floor than to surgically repair a hip.

Please, report every fall that you have to any Complete Senior Care Staff Member within 1-2 days. You won't get in trouble. We want to make sure that you aren't injured and you are safe.

David A. Bluett, PT

CSC Would like to Thank:

- BINGO Prize and other special event donators: Monica K., Gloria M., Nancy H., Carolyn S., Bill and Gail F., Marian F., Fay P.!!! 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!!!**

September 2016 *Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September is Healthy Balance Month. Each week will have a video series focus which will be noted on the calendar as V:				1 11 Current Events 11 V: Robert Frost 1 Dale Campbell Entertains 2 Bowling	2 11 Name 5 11 Kitchen Kreations 1 Cindy Wolcott Entertains 2 V: Surviving Picasso/Table game	3
4 EMOTIONAL Balance Video series on Dealing with Stress, also Art	5 Labor Day	6 11 Coffee Clutch 11 V: Ludwig Van Beethoven 1 Tai Chi 1:30 Chair BINGO	7 11 Current Events 11 V: The Joy of Stress 1 BINGO 2 Bowling	8 11 Table Games 11 Open Art Studio 11 Piano Man 1 BINGO 2 V: Humor Your Stress/Puzzles	9 11 Trivia 11 PAC Meeting 1 Lyle Stang Entertains 2V: How Serious is This?/Washer Pitch	10
11 MENTAL Balance Video series on Innovative Thinkers	12 11 Coffee Clutch 11 Open Art Studio 11 V: Western Philosophy Part 1 1 Word of Life Ministries 2 BINGO/Skii Ball	13 11 Trivia 11 Chair Yoga 1 Communion with Sister Nancy 2 V: Western Philosophy Part 2 2 Table Games	14 11 Table Games 11 Communion with Sister Nancy 1 Saxman Slim 2 V: Western Philosophy Part 3 2 Washer Pitch	15 11 Name 5 10:45 Tai Chi 1 Grab Bag Auction 2 V: Einstein Revealed 2 Chair BINGO	16 11 Current Events 11 V: Sit and be Fit Brain Exercise 1 BINGO 2 Dart Ball/Puzzles	17
18 PHYSICAL Balance Video series on Seniors Exercising	19 11 Table Games 11 V: Arthritis 1 Chair BINGO 2 Bowling	20 11 Open Art Studio 11 Current Events 10:45 Tai Chi 1 Latin Dance Party 2 Washer Pitch	21 11 Coffee Clutch 11 V: Osteo 1 Horse Racing 2 Puzzles	22 11 Trivia 11 V: Chair Dance 1 MOVIE DAY 2 Selections Offered	23 11 Name 5 11 V: Stretch 1 BINGO 2 Skii Ball	24
25 SPIRITUAL Balance Video series on Spiritual Leaders	26 11 Current Events 11 V: Billy Graham 1 Niagara Frontier Fiddlers Club 2 Washer Pitch	27 11 Name 5 11 Chair Yoga 1 Communion with Sister Nancy 2 V: Pope John Paul II 2 Table Games	28 11 Open Art Studio 11 Communion with Sister Nancy 1 BINGO 2 V: Aleksandr Solzhenitsyn 2 Dart Ball	29 10:45 Tai Chi 11 Trivia 1 Word of Life Ministries 2 V: Mother Teresa 2 Skii Ball	30 10-2 LuLaRoe Sale 11 Coffee Clutch 11 Retail Therapy 1 Chair BINGO 2 V: Nelson Mandela 2 Bowling	