

04

February 2020



THE CSC SCOOP

*The official newsletter of Complete Senior Care PACE
A Program of All-Inclusive Care for the Elderly,
Serving Niagara County, NY*



INSIDE:

**MESSAGE FROM EXECUTIVE DIRECTOR:
VIRGINIA MCAULIFFE**

JANE FONDA TALKS AGING

GETTING TO KNOW DOUG W.

PICTURES FROM THE DAY CENTER

AND MORE...



YOU'RE SWEET!

LET'S TALK HEART HEALTH

by Virginia McAuliffe, Executive Director

Hello to all PACE participants, caregivers and friends... and welcome to February!

A very important health-related observance we acknowledge in February is National Heart Month, which is an observance sponsored by the American Heart Association (heart.org). This month we create awareness of heart disease, the conditions leading to heart disease, and most importantly, efforts we can take toward disease prevention.



Did you know that two of the top five chronic conditions for PACE participants nationwide are heart-health related? These conditions are vascular disease and congestive heart failure. Heart disease prevalence in the older adult population might come as no surprise, but did you know numbers are on the rise for heart disease in younger adults? This is attributed to conditions leading to heart disease, such as obesity and high blood pressure, happening at earlier ages (Centers for Disease Control and Prevention; CDC.org).

According to the CDC, these are the best ways to take control of your heart health:

- Don't smoke. PACE participants wanting to quit should speak with their PACE provider today!
- Manage conditions leading to heart disease, such as high blood pressure and high cholesterol. Taking your medications as prescribed is a great place to start.
- Make heart-healthy eating changes. Eat plenty of fruits and vegetables, and avoid foods high in sodium and added sugar.
- Stay active. We offer many activities in the PACE Day Center to keep you moving! Speak to your PACE Care Team for ideas of activities to do at home, too.

Let's make this a Heart Healthy Month! Take care of yourself and each other and, as always, let your PACE Care Team know if there is anything we can do to help you achieve your goals!



FEBRUARY BIRTHDAYS

Nino B. - 2/6

Patricia T. - 2/7

Mark M. - 2/11

Jessie B. - 2/14

Mary T. - 2/15

Susan R. - 2/17

Lillian H. - 2/20

Tonya W. - 2/25

Phyllis K. 2/27





Getting to Know: Doug W.

What do you love most about CSC?

The Wonderful Staff.

Where did your family come from?

I spent thirty-five years in the Lockport/Newfane area.

What is your favorite childhood memory?

Independence Day fireworks at Olcott Park.

Who is your favorite singer/song?

Reba McEntire's "What Do You Say."

What is your favorite restaurant?

Denny's Grand Slam Breakfast

Family Members?

1 daughter, Rebekah and 1 grandson, James

Nickname: "Douggie," (But only certain people are allowed to call me that)

What are you most proud of?

Being alive and having friends.

What is your favorite thing to do?

Taking my grandson places.

What is your favorite animal?

Cats.

An important lesson you learned and would like to pass on?

Treat others with kindness!

Favorite sports team? The Buffalo Bills!

"If you judge people, you have no time to love them."

By Mother Teresa

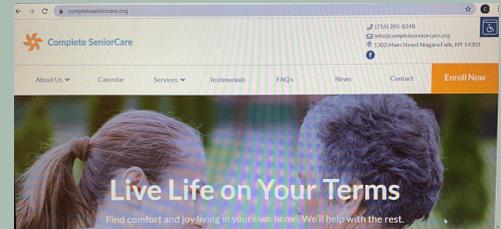


Happy Valentine's Day



CSC LAUNCHES NEW WEBSITE!

New look, but same easy
way to find us!
www.completeseniorcare.org



We are SO EXCITED to launch our new website - and you are the first to know! At CSC we believe it's important for families, caregivers & visitors to be able to access our program information in a convenient way. We want to world to see all the great things we do here . Please help us spread the word!



Delicious, Healthy SOUTHWEST DIP



ingredients

- 1 8-oz package light cream cheese, softened
- 1 1-oz packet of dry ranch dip mix
- 1/2 Tbsp. taco seasoning
- 1 16-oz container of sour cream (you can use reduced fat if you prefer)
- 1 15.25-oz can of corn, drained well
- 1 15-oz can of low-sodium black beans, drained and rinsed well
- 1/2 cup shredded cheddar cheese
- 4 green onions, sliced thin

instructions

1. In a medium -sized mixing bowl, beat cream cheese, ranch mix and taco seasoning until smooth.
2. Add in sour cream and mix to combine.
3. With a spoon, fold in corn, black beans, cheese and green onions.
4. Eat right away with chips OR refrigerate for use later. ENJOY!



WELLNESS CORNER

Here's Exactly What Jane Fonda Does to Look So Young At 82

BY: Jenae Sitzes, Microsoft News

If there's one thing Jane Fonda believes in, it's not slowing down. Grace and Frankie star Jane Fonda knows a thing or two about aging gracefully. Here's what the actress and fitness guru does to stay healthy and strong. The 82-year-old actress has starred in an impressive list of movies over the years, but currently, everyone knows her as Grace Hanson in the hit Netflix series *Grace and Frankie*, which was just renewed for its seventh and final season—making it the longest-running original series on the streaming service.

When it comes to health and fitness, Fonda isn't calling it quits either. Her workout book and collection of fitness DVDs were a sensation in the 1980s, and while her days of high-intensity aerobics, leotards, and leg warmers are now behind her, the fitness guru still maintains her healthy lifestyle.

Fonda's health journey hasn't always been easy, though. She's been open about her struggles with poor body image and bulimia, which was a battle for her from her teens through her 40s. And just this year, she got candid about her cancer battles. "I've had a lot of cancer," she revealed per E! News. "I was a sun-worshipper." Like many other celebrities, Fonda's faced scrutiny for plastic surgery she's had done on her jawline and under-eyes, procedures she says were "minimal" but bought her "an additional 10 years of professional work" as an actress. But these days, Fonda is pretty content with being an octogenarian and isn't letting age hold her back from living her best life.

"I have a fake hip, a fake knee, and I've had a number of back surgeries, so I'm sort of half-metal and half-bionic now. I have osteoarthritis and getting in and out of a car is a challenge. But I feel lucky that I did a lot of fitness work earlier in my life because it means I'm stronger now," she told the Daily Mail in 2016.

So what exactly is Fonda doing to stay strong and healthy in her 80s? Here's everything you need to know, in the star's words herself. For starters, she still works out.

Fonda takes a long walk every day, and she's become a fan of resistance training, yoga, and cross-country skiing. "I'm never going to stop. The most important thing is to keep moving, to stay active. That's what I do and that's how to stay strong," she told the Daily Mail. Too many people give up on exercise at a certain point, she says. "The mistake that so many people make is that if they can't do what they once did, then they don't do anything. Big mistake," she said.

"We can allow our various infirmities to define us or we can say to ourselves, 'I want to stay independent as long as possible. I want to be able to sit on the floor and play with my grandchildren. I want to carry at least some of my own luggage and not take 15 minutes to get out of a car.'"

But she's adjusted her workouts to be age-appropriate. "There are a lot of things that I can't do that I used to do. So I do things that are safer when you're older," she told *Healthy Living*. "I walk. I lift lighter weights. I move more slowly. But keep moving. Keeping your body active is absolutely critical. If you're in a wheelchair, move your arms."

She believes in long-term lifestyle changes, not diets. "Most diets focus on weight loss on the scale, and they enforce temporary (and often unhealthy) restrictive behavior. Unfortunately, this scenario sets us up to fail," Fonda explained in a video for BeFit. Instead, Fonda recommends tossing out the scale (she doesn't own one herself) and shifting your entire lifestyle to be health-conscious, which includes finding health-minded friends, setting a regular workout routine, starting your day with a nutritious breakfast—and allowing yourself to indulge in a piece of chocolate every once in a while.

She prefers to keep busy rather than retire. Many people retire by their 60s, but at 82, Fonda isn't ready to call it quits. "I needed a steady job. It's hard to be an older actor and be in regular work—people forget this is how we earn our living," she told the Daily Mail. "I support other people besides myself and I need to bring in money. Plus, it's fun. I never would have thought that at my age I could say I've been working too hard to spend time pampering myself, but I'm happy to say that's the case." She doesn't take her energy for granted, though. "If you had told me when I was 20 or 30 that I would still be acting at 80 on a show like (*Grace and Frankie*), I would have said, 'You're out of your mind.' I didn't think I'd live this long," she recently told *Ellen DeGeneres*. "Every day I get up and I want to pinch myself. I feel very blessed."

She favors natural makeup for mature skin. Time on the big screen comes with lots of glam photoshoots, but Fonda doesn't pack on the powder. Her long-time makeup artist, Shawnelle Prestidge, told *New Beauty* that she prefers to use light, buildable foundations that look more natural on mature skin. "Jane favors the HD varieties, so I use both Makeup Forever Ultra HD Foundation and Lorac POREfection Foundation on her," Prestidge said. "They glide on quickly and effortlessly to achieve flawless coverage with minimal layering and actual product." **(Continued on Page 6)**

WELLNESS CORNER CONTINUED...



© George Pimentel - Getty Images

She's not afraid to address her mental health struggles. While *Grace and Frankie* has its fair share of hilariously awkward scenes, Fonda resonated with some of the more complicated emotions that came with portraying Grace.

"I had a nervous breakdown during the first season, and I discovered it's because the very first episode our husbands tell us that they are going to leave us after 40 years and marry each other and that triggered abandonment," Fonda recalled in an interview with *The Hollywood Reporter*. (The actress has been married three times, and her longest marriage was with her second husband of sixteen years, Tom Hayden.)

FONDA TRIVIA FUN!

The first 5 people to give Greg correct answers, wins a small prize!

1. How many Academy Awards did Jane Fonda win?
2. Jane Fonda released what type of video in 1982 - that became the highest selling video of the time?

Thank you to Melisa Green for our prizes!

"It took me a season to come to care for my character," she revealed. "I had to go back into therapy and start Prozac."

Her most important lesson for aging gracefully? Don't try to be perfect: "It's a losing battle and you'll just be unhappy," Fonda told *Healthy Living*. "Your anxiety will drive you to do things like eat too much or drink too much or whatever." Instead, funnel your energy into introspection and seek meaningful relationships with others. "I meditate for 45 minutes to an hour every day. That keeps me calm and grounded," she said. "Trying to be intentional about how we live, staying interested, staying curious, paying attention to young people, cultivating young friends—these kinds of things are, I think, important to staying youthful."

SUPERBOWL FUN AT CSC!



Valentine's Word Search

E	E	H	S	R	E	W	O	L	F	C	O	T	S
L	A	K	S	L	O	S	D	R	A	C	A	T	A
E	C	R	K	E	C	H	Y	O	N	I	T	K	T
I	L	I	C	H	H	E	A	D	A	C	N	I	L
A	V	L	D	I	O	N	H	T	L	P	E	S	N
O	I	L	L	L	C	I	C	A	N	D	Y	S	R
I	F	S	V	O	O	T	S	C	U	P	I	D	E
A	E	D	C	U	L	N	R	A	E	O	L	L	A
R	L	O	V	E	A	E	C	I	O	K	L	N	F
I	V	H	E	S	T	L	O	K	E	R	C	I	C
A	E	E	L	I	E	A	T	O	N	O	U	C	K
S	O	O	K	O	A	V	O	A	A	I	H	P	T
I	H	O	A	K	L	R	L	C	I	O	P	I	I
S	D	R	N	R	C	E	R	N	T	R	A	E	H

PINK
HEART
FLOWERS
KISS
LOVE
CUPID
VALENTINE
CHOCOLATE
CANDY
CARDS



I Turtle-y
love you



February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:30 Word Searches 11:00 Craft: Heart Necklaces 1:00 I Got It 2:00 Cards/Puzzles</p>	<p>4 10:30 Ground Hog Trivia PAGE Pen Pals 11:00 Hangman Chair Yoga 1:00 Communion with Sister Nancy 2:00 Uno</p>	<p>5 10:30 Coffee Talk 11:00 Culinary Club; Pink Cupcakes 1:00 Saxman Slim 2:00 Uno/ Word Search</p>	<p>6 10:30 Word Search 11:00 Craft with Debbie 1:00 NFCOC 2:00 Beach Ball Toss</p>	<p>7 10:30 Coffee Clutch 11:00 Bible Study 11:00 Mason jar Craft 1:00 Cindy Sue 2:00 Cards/Pizza toss</p>
<p>10 10:30 Trivia 11:00 Silver Sneakers 1:00 Bingo 2:00 Ball Toss/cards</p>	<p>11 10:30 Coffee Club 11:00 Craft; M&M Heart People Chair Yoga 1:00 Bingo 2:00 Lets Deal</p>	<p>12 Outing 10:30 Crosswords 11:00 Hangman 1:00 Family Feud 2:00 Games/Cards</p>	<p>13 10:30 Coffee Time 11:00 Culinary Club; Heart Cookies 1:00 Movie: Letters to Juliet 2:00 Pizza Toss</p>	<p>14 Valentine's Day 10:30 Romance Word Search 11:00 Cookie Decorating 1:00 Tom Bender 2:00 Family Feud/Uno</p>
<p>17 10:30 Coffee Chat 11:00 Family Feud 1:00 Dale Campbell 2:00 Card time</p>	<p>18 10:30 Word Search 11:00 I Got It Chair Yoga 1:00 Communion with Sister Nancy 2:00 Games/Cards</p>	<p>19 10:30 Word Search 11:00 Communion with Sister 1:00 Latin Dance 2:00 Cards/Rummy/Uno</p>	<p>20 10:30 Talk Time 11:00 Craft with Debbie 1:00 NFCOC 2:00 Uno</p>	<p>21 10:30 Number find 11:00 Bible Study 1:00 Fiddler's 2:00 Cards/Puzzles</p>
<p>24 10:30 Let's Talk 11:00 Silver Sneakers 11:00 Craft: Wreaths 1:00 Movie Monday 2:00 Pizza Toss</p>	<p>25 10:30 Crosswords 11:00 Cornell Food Ed Chair Yoga 1:00 Bingo 2:00 Cards</p>	<p>26 Ash Wed. 10:30 Number Find 11:00 Hangman 1:00 Ashes with Sister Nancy 2:00 Uno Marathon</p>	<p>27 10:30 Word Search 11:00 I Got It 1:00 Dave Stockton 2:00 Cards</p>	<p>28 10:30 Word Search 11:00 Bible Study 1:00 Singo 2:00 Uno/Puzzles</p>