

The Friendly Flyer

Hamburg Adult Day Services Newsletter

4540 Southwestern Blvd.

Hamburg, NY 14075

Phone: (716)646-0255 / Fax: (716) 646-0240

Visit the Flyer online: www.townofhamburgny.com

www.hamburg-youth-rec-seniors.com



Volume 20, Number 11

November 1, 2016

The Countdown To Christmas Is On

Christmas is in how many more days??? Can you believe it? During the season, everyone searches frantically to find the perfect gift for their loved ones. Sometimes it can be so difficult. A series of endless questions go through our mind while on the search. Is this something they can really get use out of? Will they like it? Do they already have one? Will it fit? The list of questions we ask ourselves is endless. Instead, this Christmas, might we ask you to consider giving your loved one the gift of music at Hamburg Adult Day Services?

To have music in our lives is such a beautiful gift! Life would be so very different without it. Imagine what the world would be like without music? Think about the good memories you have and how they are connected to music.

Music is an incredibly valuable component of our program. Our folks respond so well to it. We diligently try to make it available to our participants as part of the activities we offer. However, as with anything, music comes with a price. As a gift to your loved one this holiday, a donation could be made to our Participant's Council Fund in honor of him or her.

If you choose to make a donation in honor of your loved one this Christmas, please make checks payable to Hamburg Adult Day Services. In the memo line, please indicate "Donation To Participant Council Fund In Honor Of -----". All donations made will be used to defray the cost of entertainment for the upcoming year. Thank you for your consideration!

Town of Hamburg Supervisor: Steven J. Walters

Council Members: Tom Best, Jr. and Michael Quinn Jr.

Director: Martin C. Denecke

Deputy Director: Joseph P. Wenzel

Senior Recreation Supervisor: Joseph S. Pietras

Recreation Supervisor: Marc C. Collins

Senior Program Coordinator: Shirley Spaulding

Program Coordinator: Rosanne Witryk

What You Need To Know About H.A.D.S. Hours

Please note that the center will be closed on the following days in November:

Tuesday, November 8 - Election Day

Friday, November 11 - Veteran's Day

Thursday, November 24 - Thanksgiving

Friday, November 25 - Day After

If you are regularly scheduled to come to the center on any of the above days and would like to make them up by coming to the center on other days, please contact us to schedule an alternate date. Don't forget to contact your transportation company. Thank you!

Illness

We love our folks and caregivers but not those nasty germs that come with the season ahead. Please let us know if you are experiencing any symptoms related to having a cold, the flu or the stomach bug. We ask that you stay home if you are experiencing any symptoms. We also ask that, even though you maybe feeling better, you stay home just a few more days, as you still may be contagious.

Please remember, that during this time, it's important to drink plenty of fluids and rest. Remember, the best way to keep those germs at bay is to frequently wash your hands. We want nothing more than to all stay healthy this season.

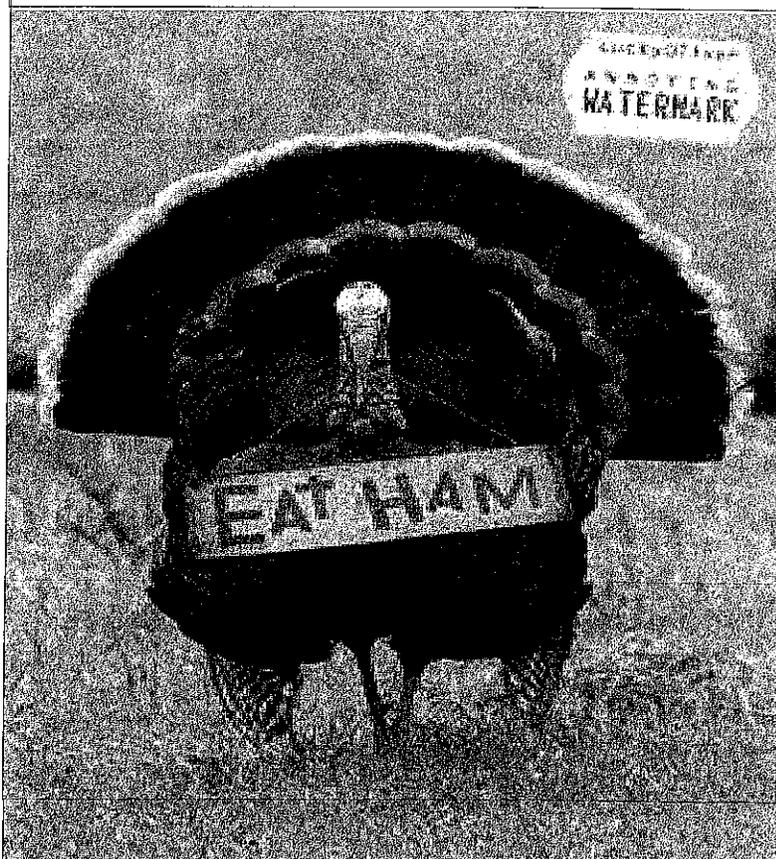
A Simple Label Will Do

The reality is that the cold weather (in fact) is just beginning. We want to make sure that our participants stay warm and are dressed appropriately for the changing temperatures.

We are asking that all participants' personal items (i.e. coats, scarfs, hats, gloves, boots, wheelchairs, walkers, canes, etc.) have their owner's name indicated on them. Names can simply be written in the label of their garment(s) with a permanent black ink marker.

We take pride in our participants, their appearance, and their belongings; however, it is impossible for any one person to remember the belongings of over 60+ people.

Thank you for your understanding!



Other Thank Yous Go Out To...

...**Marie Calabrese** for donating bingo prizes to the center.

...**Trish DeBeradinis** for bringing in Tim Bits to share with participants and staff.

...**Debbie Hoerber** for bringing in candy and other goodies to share with the participants and staff.

...**Terry Lauria** for making pumpkin cheesecake and other goodies to share with participants and staff.

...**Joan Pitillo** for making homemade cookies to share with participants.

...**Donna Phillips** for making and sharing her famous Chocolate Eclair Cake to celebrate her mother's birthday, **Helen Wodzinski**.

...**Mrs. Donna Russell** for making cupcakes and other treats to share with the participants and staff.

...**Margaret Strasser** for making a monetary donation in loving memory of Dolores and John Strasser.

...the following individuals for making a monetary donation to our Participant's Council Fund: **Mary Jo and Mark Cancilla, Dorothy Coppola, Karen Philipps, and Randy Schultz.**

Our sincere apologies to anyone we may have forgotten. Thank you for your generosity and for bringing smiles to our faces!

Field Trip Request Form

Name: _____

Trip (1) Requested & Date:

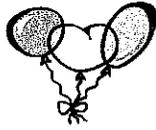
Does this trip fall on your regularly scheduled day? Y / N

Alternate Trip Requested & Date:

Does this trip fall on your regularly scheduled day? Y / N

Please note, we can only guarantee one trip per participant each month. Alternate requests indicated are considered if first choice cannot be honored due to being at capacity. Additional requests for outings are handled on a weekly basis.

Happy Birthday!



Jennifer Meyer	11/18
Marge Galluch	11/21
Laura Dubois	11/24
Nancy Parker	11/25

Welcome

New Guests!

October

Martin Barrett
Elisabeth Davis
Ronald "Buzz" Gehl
Norman Smith
Norma Spaulding
Jack Wagoner

Thinking Of You



We would like to send our thoughts and prayers out to the following individuals.

Bob Connors
Tony Copolla
Elsie Rose
Denise Welch

We are thinking of you, as you remain in our hearts. We miss you dearly. We love and miss you!

at home



We would like to welcome the following individuals back to the center! We sure did miss you!

Ruth Bailey
Jean Barkewitz
George Loehfelm
Albertine Moquin
John Meade
William Miles



Our thoughts and prayers go out to **John Coburn** and **Norma Spaulding**.

We miss you. We hope that with each passing day you get a little stronger. We love you and we miss you.



Caregivers' Corner

Our Caregivers' Support Group meets at:

**ELDERWOOD AT LAKEWOOD
5775 MAELOU DR (OFF OF LEGION)
HAMBURG, NY**

Meetings are held the second Monday of every month.

**Next Meeting Held:
Monday, November 14, 2016**

****Newcomers are encouraged to arrive at 6:30 P.M. Those who have attended meetings in the past should arrive at 7:00 P.M. Meeting is held until 8:00 P.M.**

Just come as you are. Reservations are NOT required! Upon entering the facility, check-in at the front desk. The meeting will be held in the activity room (first floor of the facility).

If you have any questions regarding the location, please feel free to contact us at 646-0255.

**In-Office Caregiver Education Series
November 2016 Schedule
Alzheimer's Association , WNY
2805 Wehrle Dr, Suite 6
Williamsville 14221**

**Tuesday, November 8 3 - 4 pm
The Basics: Memory Loss, Dementia and
Alzheimer's
Chapter Office**

**Thursday, November 10 11 am - noon
Effective Communication Strategies
Wesleyan Church of Hamburg
4999 McKinley Pkwy, Hamburg**

**Thursday, November 10 5:30 - 7 pm
Advancements in Alzheimer's Research
Chapter Office**

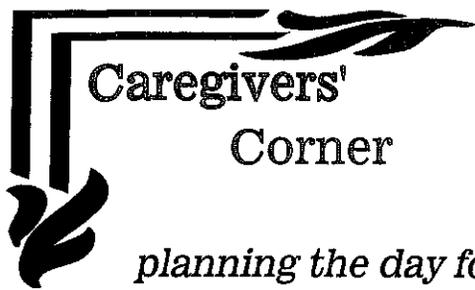
**Monday, November 14 6 - 7 pm
Caregiving through the Holidays
Sterling Medical Center
200 Sterling Dr, Orchard Park**

**Tuesday, November 15 6 - 7:30 pm
Living with Younger-Onset Dementia
Chapter Office**

**This class is open to people living with dementia under age 65 and their care partners*

**Wednesday, November 16 1 - 3 pm
Dementia-Related Behavior and Effective
Communication Strategies
Chapter Office**

Please call (716) 626-0600 for more information and to reserve your space. A \$5 contribution is appreciated for meeting that are of no cost. Contributions help to ensure that future quality programming is offered to our community.



Caregivers' Corner

activities at home

planning the day for someone with moderate or severe dementia

Activities and a Person with Dementia

Activities are the “things we do,” like getting dressed, doing chores, playing cards — even paying bills. They can be active or passive, done alone or with others. A person with dementia will eventually need a caregiver's assistance to organize the day. Planned activities can enhance the person's sense of dignity and self-esteem in the later stages of the disease by giving more purpose and meaning to his or her life. Activities structure time. They can make the best of a person's abilities, enhance quality of life and facilitate relaxation.

Activities can also provide a sense of purpose, engagement, usefulness and accomplishment, which can help reduce behavior like wandering or agitation.

Both a person with dementia and his or her caregiver can enjoy the sense of security and togetherness that activities can provide.

Types of Activities - Daily Routines

Chores: Dusting, sweeping, doing laundry.

Mealtime: Preparing food, cooking, eating.

Personal care: Bathing, shaving, getting dressed.

Other activities

Creative: Painting, playing the piano.

Intellectual: Reading a book, doing crossword puzzles.

Physical: Taking a walk, playing catch.

Social: Having coffee, talking, playing cards.

Spiritual: Praying, singing a hymn.

Spontaneous: Going out to dinner, visiting friends.

Work-related: Making notes, typing, fixing something.

1. Planning Activities - While planning activities for a person with dementia, focus on the person, activity, approach and place.

***Person** - Consider the person's likes and dislikes, strengths and abilities, and interests. As the disease progresses, keep activities flexible and be ready to make adjustments.

-Keep the person's skills and abilities in mind. Stick with activities the person has always enjoyed and adjust, as needed, to match the person's current abilities.

-Pay special attention to what the person enjoys. Take note when the person seems happy, anxious, distracted or irritable. Some people enjoy watching sports, while others may be frightened by the fast pace or noise.

-Consider whether the person begins activities without direction. Does he or she set the table before dinner or sweep the kitchen floor mid-morning? If so, you may wish to plan these activities as part of the daily routine.

activities at home

planning the day for someone with moderate or severe dementia (cont. pp. 2 of 4)

-Be aware of physical problems. Does he or she get tired quickly or have difficulty seeing, hearing or performing simple movements? If so, you may want to avoid certain activities.

***Activity**

-Focus on enjoyment, not achievement

-Find activities that build on remaining skills and talents. A professional artist might become frustrated over the declining quality of work, but an amateur might enjoy a new opportunity for self-expression.

-Encourage involvement in daily life

-Activities that help the individual feel like a valued part of the household — like setting the table, wiping counter tops or emptying wastebaskets — can provide a sense of success and accomplishment.

-Relate activity to work life. A former office worker might enjoy activities that involve organizing, like putting coins in a holder, helping to assemble a mailing or making a to-do list. A farmer or gardener may take pleasure in working in the yard.

-Look for favorites. The person who always enjoyed drinking coffee and reading the newspaper may still find these activities enjoyable, even if he or she is no longer able to completely understand what the newspaper says.

-Change activities as needed. Try to be flexible and acknowledge the person's changing interests and abilities.

-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. Keep in mind that your typical daily routine may need to change somewhat.

-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.

***Approach**

-Offer support and supervision. You may need to show the person how to perform the activity and provide simple, step-by-step directions.

-Concentrate on the process, not the result. Does it matter if the towels are folded properly? Not really. What matters is that you were able to spend time together, and the person feels as if he or she has done something useful.

-Be flexible. When the person insists that he or she doesn't want to do something, it may be because he or she is unable or afraid. Don't force it. If the person insists on doing something a different way, let it happen and change it later if necessary.

-Be realistic and relaxed. Don't be concerned about filling every minute of the day with an activity. The person with Alzheimer's needs a balance of activity and rest and may need more frequent breaks and varied tasks.

-Help get the activity started. Most people with dementia still have the energy and desire to

activities at home

planning the day for someone with moderate or severe dementia (cont. pp. 3 of 4)

do things but may lack the ability to organize, plan, initiate and successfully complete the task.

- Break activities into simple, easy-to-follow steps. Focus on one task at a time. Too many directions at once can be overwhelming.
- Assist with difficult parts of the task. If you're cooking and the person can't measure the ingredients, finish the measuring and encourage a different task, such as: "Would you please stir this for me?"
- Let the individual know he or she is needed. Ask, "Could you please help me?" Be careful, however, not to place too many demands on the person.

Make the connection

- If you ask the person to make a card, he or she may not respond. But if you say that you're sending a special get-well card to a friend and invite him or her to join you, the person may enjoy working on the task.
- Don't criticize or correct the person.
- If the person enjoys a harmless activity, even if it seems insignificant or meaningless to you, encourage the person to continue.
- Encourage self expression. Include activities that allow the person a chance for expression. These types of activities could include painting, drawing, music or conversation.
- Involve the person through conversation. While you're polishing shoes, washing the car or cooking dinner, talk to the person about what you're doing. Even if the person cannot respond, he or she is likely to benefit from your communication.
- Substitute an activity for a behavior. If a person with dementia rubs his or her hand on a table, put a cloth in his or her hand and encourage the person to wipe the table. Or, if the person is moving his or her feet on the floor, play some music so he or she can tap them to the beat.
- Try again later. If something isn't working, it may just be the wrong time of day or the activity may be too complicated. Try again later or adapt the activity.

Make activities safe

- Modify a workshop by removing toxic materials and dangerous tools so an activity such as sanding a piece of wood can be safe and enjoyable.
- Change your surroundings to encourage activities. Place scrapbooks, photo albums or old magazines in easily accessible spots to help the person reminisce.
- Minimize distractions that can frighten or confuse. A person with dementia may not be able to recall familiar sounds and places or may feel uncomfortable in certain settings.

Effective activities:

- › Bring meaning, purpose, joy and hope to the person's life.
- › Use the person's skills and abilities.

activities at home

planning the day for someone with moderate or severe dementia (con't. pp. 4 of 4)

- › Give the person a sense of normalcy.
- › Involve family and friends.
- › Are dignified and appropriate for adults.
- › Are enjoyable.
- › Focus on the process, not the end result.

2. Creating a daily plan

Consider how you organize your own day when planning the day for a person with dementia. There are times when they may want variety, and other times, routine is best. The challenge is to find activities that provide meaning and purpose, as well as enjoyment.

Begin by thinking about the past week. Try keeping a daily journal and make notes about:

- › Which activities worked best and which didn't? Why?
- › Were there times when there was too much going on or too little to do?
- › Were spontaneous activities enjoyable or did they create anxiety and confusion?

Use what you've learned to set up a written daily plan. A planned day allows you to spend less time and energy trying to figure out what to do from moment to moment. Allow yourself and the person with dementia some flexibility for spontaneous activities, as well as time to rest.

3. Measuring the plan's success

To decide how the daily plan is working, think about how the person responds to each activity and how well it meets your needs. The success of an activity can vary from day to day. In general, if the person seems bored, distracted or irritable, it may be time to introduce another activity or to take time out for rest.

Structured and pleasant activities can often reduce agitation and improve mood. The type of activity and how well it's completed are not as important as the joy and sense of accomplishment the person gets from doing it.

The original source of this article is the website of the The WNY Chapter Of the Alzheimer's Association at http://www.alz.org/national/documents/brochure_activities.pdf

The WNY Chapter of the Alzheimer's Association is located at 2805 Wehrle Drive, Suite 6, Williamsville, NY 14221. Their 24 / 7 Helpline is available at (716) 626 - 0660 / 1 - 800- 272 - 3900, and they are available on the web at www.alz.org/wny. For more information about this topic or another topic, please feel free to contact them.



**Sign Up Today And
Let Us Entertain You!**

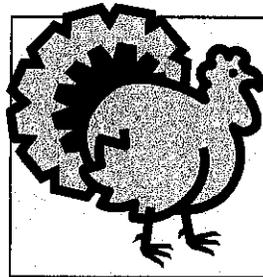


Please note, the following entertainment will be taking place here at the center this month. We all know how wonderful it is to be able to give our participants these opportunities and how therapeutic such entertainment is to everyone. Sign up today!

Musical Entertainment With Don Mason		TH 11/03
Music With Dr. Webster & Sue Haas		F 11/4, TH 11/10, F 11/18
On The Piano With Robin Miller		M 11/07
Entertainment With Kathy Carr		F 11/09
Music With Dick O'Dell		T 11/15
Music With Cindy Sue & Brian Wolcott		W 11/23

NOVEMBER HIGHLIGHTS

*Woodworking At Hangimals - \$10		T 11/01
Project is a Multiwood Dresser Box OR		
Ceramics With Marie - \$4		T 11/01
Movement With Pam		M 11/14
*Shopping & Lunch At Walmart - \$		W 11/16
*Visit To Brierwood Children's Center		TH 11/17
*Beauty Shop Visit - \$		F 11/18
*Beauty Shop Visit - \$		T 11/29
Visit With Project Y.E.S.		T 11/29
Ceramics With Marie - \$4		W 11/30
*Bowling At Legion Lanes - \$3 OR		
Movement With Pam		W 11/30



*Denotes a field trip. Please indicate one of these options of the Field Trip Request Form. Note, all other activities indicated above will take place at the center, and all participants who attend program that day are more than welcome to participate!

HAMBURG ADULT DAY SERVICES
716-646-0255

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 -Your Opinion Matters (RW) -Woodworking At Hangimals OR Ceramics With Marie	02 -Apple Pie Delight (RW) -Giving Thanks Wreath Craft With Marlene	03 -Word Collision (NP) -Musical Entertainment With Don Mason	04 -Baking Banana Bread (TD) -Music With Dr. Webster & Co.
07 -On the Piano With Robin Miller -Letter & Number Roll (JK)	08 ELECTION DAY CLOSED	09 -Making A Cornacopia (RH) -Entertainment With Kathy Carr	10 -Making Soup & Cornbread (LF) -Music With Dr. Webster & Sue Haas	11 VETERAN'S DAY CLOSED
14 - 7 / 11 (SR) -Movement With Pam	15 -Decoupage Vase Craft (TD) -Music With Dick O'Dell	16 -Shopping & Lunch At Walmart -Floor Farkle (JP)	17 -Visit To Brierwood Children's Center OR Balloon Games (NP) -Celebrating The Golden Days (MCB)	18 -Beauty Shop Visit OR Turkey Craft (TL) -Music With Dr. Webster & Co.
21 -Turkey Trot (JK) -Pumpkin Potpourri Craft (LF)	22 -Baking Apple Fritter Bread (TL) -Truth Or Turkey Trivia (MCB)	23 -What's On TV? (RH) -Music With Cindy Sue & Brian Wolcott	24 THANKSGIVING DAY CLOSED	25 DAY AFTER THANKSGIVING CLOSED
28 -Family Histories (SR) -Is Fun Contagious? (JM)	29 -Beauty Shop Visit OR -Legacy Letters (JP) -Visit With Project YES	30 -Ceramics With Marie -Bowling At Legion Lanes OR Movement With Pam	Happy Birthday!!!!!!! 11/18 Jenn Meyer 11/21 Marge Galluch	11/24 Laura Dubois 11/25 Nancy Parker

Monday

Tuesday

Wednesday

Thursday

Friday

NOVEMBER 2016 MENU

1	Honey Glazed Chicken O'Brien Potatoes Roasted Carrots Mandarin Oranges	2	Stuffed Shells Green Beans Peaches	3	Beef Pot Roast Mashed Potatoes Corn Pineapple	4	BBQ Chicken Leg Potato Wedges Zucchini Pears
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7 Fried Chicken Leg
Mashed Potatoes
& Gravy
Corn
Fruit Cocktail

8 ELECTION DAY
CLOSED

9 Spaghetti with
Meatballs
Squash Medley
Peaches

10 Pot Roast
Baby White
Potatoes
Carrots
Pineapple

11 VETERAN'S DAY
CLOSED

14 Fried Chicken Leg
Mac and Cheese
Asparagus
Fruit Cocktail

15 Roast Turkey
with Gravy
Stuffing
Vegetable Blend
Mandarin Oranges

16 Pork Chops
Mashed Potatoes
& Gravy
Green Beans
Peaches

17 Spaghetti with
Meat Sauce
Scandinavian
Vegetables
Pineapple

18 Beer Battered
Fish
O'Brien Potatoes
Coleslaw
Pears

21 Baked Chicken
Thigh
Rice Pilaf
Broccoli
Fruit Cocktail

22 Meatloaf & Gravy
Mashed Potatoes
Harvard Beets
Mandarin Oranges

23 Breaded Pork
Cutlet
Oven Browned
Potatoes
Yellow Squash
Peaches

24 THANKSGIVING
DAY
CLOSED

25 CLOSED

28 Baked Ham
Scalloped
Potatoes
Broccoli
Fruit Cocktail

29 Honey Glazed
Chicken
O'Brien Potatoes
Roasted Carrots
Mandarin Oranges

30 Stuffed Shells
Green Beans
Peaches

BREAKFAST MENU:
1-8 OZ. SKIM MILK
1-4 OZ. ORANGE JUICE
1-2 OZ. BOX OF CEREAL
2 SLICES OF TOAST

*In addition to the lunch
entree stated, 2 slices
of bread and 8 oz. of fat
free milk are served
daily.*

This institution is an equal opportunity provider.