

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



Volume 27, Number 6

June 1, 2023

Summer Is Here!

We are all so happy to be experiencing more pleasant, sunny, and warm days. Please, start wearing your sunscreen so that we can go outside and enjoy the weather!

Throughout this month, we will be enjoying lots of activities, and games. We will also be celebrating all the men that come to the club this month on Monday, June 19, 2023.

There will be outdoor evening concerts this summer that will not be during program hours and are open to the public! Music to Remember (who is always so wonderful to us) will be sponsoring these concerts. They are from 4:30 p.m.– 6:30 pm. The June concert will be on Tuesday the 27th and it will feature Rockin' Robin and Midnight Kings Duo! Please come join us for some great music and hopefully a little dancing! The concerts are free, but they will be accepting donations. All donations will go to MUSIC TO REMEMBER who provide our program with 2 free concerts a month. Thank you Music to Remember and Rockin' Robin!

Town of Hamburg Supervisor: Randall Hoak

Council Members: Megan Comerford, Shawn Connolly, Beth Farrell, Karen Hoak

Director: Jillian Gorman-King

Senior Recreation Supervisor: Joseph S. Pietras

Senior Program Coordinator: Rosanne Witryk

Program Coordinator: Meghan Guziec

Deputy Director: Joseph P. Wenzel

Recreation Supervisor: Marc Collins

Recreation Supervisor: Hilary Pundt

Happy Birthday To You...

Terri B.	06/16
Len P.	06/17
Ginny B.	06/27
Christine R.	06/30



A Special Thank You To...

... Marge S. for donating DVD's, cassettes, VHS', and games

... Marlene H. for donating dry erase markers, and coloring markers

.... Ralph for donating utensils

... Betty S. for donating bingo prizes

We appreciate all the wonderful people who bring in snacks to share, games, bingo prizes and more. If we have left anyone out we apologize, but we give you our most sincere thank you!

WHAT MAKES A DAD?

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

We Want Your Input!

Name: _____

If you have any activity ideas that you would like to do at the club or if there are things that you would like to do at the club that you currently don't do, please let us know!

Write your suggestions below and turn this into the front desk. We value your input and opinion, as we want to make sure that you are having a great time when you come spend the day with us! Thank you for your thoughts.

Welcome Back

Gerry O., Rose D., and Dick S.

We have missed you all!



Jean O.

We are so happy to have you here with us!



We Wish You Well

Deanna L.

We will miss you!

Our thoughts and prayers go out to:

Joe R.

We hope that you get stronger with each passing day and are able to return to club soon!

Field Trip Request Form

(Please make your selection and return this to us! Thank you!)

Name: _____

Trip (1) Choice: _____

Trip (2) Choice: _____

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

Please note: We do our best to accommodate all trip requests, and every attempt will be made to honor first choices. Only a certain number of people can be accommodated per trip. If someone has already been on a trip, we try to take turns and give another person the opportunity to go. All trips are pending the availability of transportation, staffing, and weather. We thank you for your cooperation in this matter. Any questions please call us at 646-0255. Thank you!

June Highlights:

HAPPY

Father's Day

- * Games at Hamburg Senior Community Center: Th, 6/1
- Michael Stuart Sings: F, 6/2
- Sujeeet Desani Performs: T, 6/6
- Movement with Pam: W, 6/7
- *The Hastings Duo perform an outdoor concert: Th, 6/8
- Sal Alfano Performs on the Piano: F, 6/9
- Tony Pedulla Croons: M, 6/12
- Ceramics with Marie: T, 6/13- \$5
- Backtracks Performs: Th, 6/15
- **Lunch Outing: F, 6/16- \$
- Movement with Pam: M, 6/19
- Rockin' Robin Rocks Out: W, 6/21
- Robin Miller on the Piano: Th, 6/22
- ***Ice Cream Outing to Charlaps: Th, 6/22- \$
- Sentimental Journey Performs: 6/23
- Michael from Herd of Buffalo Plays Guitar and Sings: M, 6/26
- Dick O'Dell Sings and Plays the Banjo: T, 6/27
- Michael Hund Performs: Th, 6/29

*Denotes going next door to the Hamburg Senior Community Center. No need to sign up. 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!

Denotes a field trip. Please indicate one of these options on the **Field Trip Request Form.



Caregivers' Corner

The Care-

givers' Support Group is held in-person at:

Peregrine Senior Living at Orchard Park

101 Sterling Ave.

Orchard Park, NY 14127

Phone: (716) 293-2446

Meetings are held the fourth Tuesday of every month.

Anyone is welcome and the next meeting will be held on:

Tuesday, June 27, 2023 from 1:00 p.m.– 2:30 p.m.

Who should attend? Anyone who:

- is caring for/about someone who is dependent on you to meet their needs.
- has been thrust into the caregiving role with little or no preparation.
- frequently feels frustration, anger, grief, guilt... in a caregiver role.
- has many thoughts of worry about the changes caregiving brings.
- is second-guessing necessary care decisions.
- feels no one understands your feelings or current experiences.

The CAREGIVER MEETING aims to:

- encourage the caregiver in their role.
- provide a safe place to share/ listen to others who understand.
- provide caregiver with valuable information and resources
- strengthen the coping strategies and caregiver skills.
- assist the caregiver in setting realistic expectations of themselves.

In- Office Caregiver Education Series

Alzheimer's Association, WNY

6215 Sheridan Dr., Suite 100

Buffalo, NY 14221

alzheimer's  association

The Alzheimer's Association offers a virtual Training and Education Center online. If you would like to access these virtual courses you can go to:

<https://training.alz.org/>

The Association offers a number of free Alzheimer's and dementia courses online, 24 hours a day.

In- Person Educational Programs:

Managing Money

Church of the Annunciation School Building

7580 Clinton St.

Elma, NY 14059

Date: Tuesday, June 20, 2023

Time: 2:00 p.m.

10 Warning Signs

Lancaster Towers

1 Pleasant Ave W

Date: Thursday, June 22, 2023

Time: 11:00 a.m.

The Alzheimer's Association help line is 1-800-272-3900 where care consultants are available 24/7 to talk and/or provide assistance.



TOWN OF HAMBURG DEPT. OF YOUTH, RECREATION & SR. SERVICES



Outdoor Summer Concert Series

Held outside at the Hamburg Youth, Recreation, & Senior Services
Community Center 4540 Southwestern Blvd Hamburg, NY 14075

Tuesday, June 27th -

4:30pm- Rockin' Robin (Buffalo Music Hall of Fame Inductee)

5:30pm- "Midnight Kings Duo"

Tuesday, July 25th—

4:30pm-Rockin' Robin (Buffalo Music Hall of Fame Inductee)

5:30pm- Will & Debbie "Underarrest Duo"

(Buffalo Music Hall of Fame Inductee)

Tuesday, August 22nd —

4:30pm-Rockin' Robin (Buffalo Music Hall of Fame Inductee)

5:30pm-Oyer & Morgan Duo

Concerts are held from 4:30pm-6:30pm

Music provided by Music to Remember WNY

Hot Dogs, water, pop, chips available - courtesy of United HealthCare



Bring your own chair!



Summer Heat and Dementia

Seniors are at risk for heat-related illnesses during the summer

Seniors, particularly those with chronic medical conditions, including cognitive impairment, as well as those taking certain medications, need to be extra careful of the summer sun and warm weather. As we age, our bodies are less efficient at regulating internal temperature and are more likely to be dehydrated, making us more susceptible to heat-related illnesses known as hyperthermia.

Heat-related Symptoms

Signs of hyperthermia include headache, nausea, dizziness, feeling faint, fatigue, and cramps. If the body temperature reaches above 103 degrees Fahrenheit, it may be a sign of heat stroke, a life-threatening form of hyperthermia. Other symptoms of heat stroke include rapid pulse, fast and shallow breathing, dry or flushed skin, seizures or convulsions, confusion, or loss of consciousness. If untreated, heat stroke can lead to death. If you suspect heat stroke in any person, regardless of age or medical condition, call 911 immediately.

Excessive heat may also lead to behavioral challenges. Studies have shown that heat can increase agitation in people. This is especially challenging in someone who has Alzheimer's or another dementia who already may be experiencing outbursts, aggression, or anxiety. Tend to their physical needs related to the heat first, then address their emotional needs.

Ways for Seniors to Beat the Heat

To keep older adults safe in the heat, take a few precautions:

Drink plenty of fluids. To optimize the body's cooling mechanisms, stay hydrated by drinking plenty of water or other caffeine-free liquids. Avoid caffeinated drinks because they can act as a diuretic, depleting the body of important fluids. Be sure to drink fluids with every meal and throughout the day; do not wait until you are thirsty. Dehydration may be difficult to notice

in individuals with Alzheimer's disease or other dementia. Be on the lookout for increased fatigue, dry mouth, headache, and/or decreased urinary output.

Eat right. Choose light, cold meals instead of heavy, hot dishes. Eat frozen snacks, like popsicles.

Monitor your timing. Avoid outdoor activities between 10 a.m. and 4 p.m. when the sun's rays are strongest and temperatures are highest. Take advantage of the cooler mornings or evenings to get outside and stay in shady areas when possible.

Pay attention at night. With high humidity levels, even evening temperatures can exceed 75 degrees, making it difficult to sleep and worsening sleep issues of those with dementia. Keep cool by using fans and running the air conditioner.

Dress for the weather. Choose lightweight, light-colored, loose-fitting clothes in natural fibers, such as cotton. Dress in layers to make it easy to adjust your temperature by removing one layer at a time. Wear a lightweight hat to protect the face and neck from sun exposure. Remember, people with Alzheimer's and dementia can have trouble keeping track of the season and may choose clothing that is too warm for the weather and overheat easily.

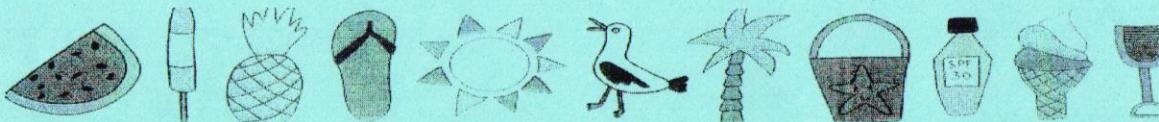
Stay indoors and out of the sun. Stay inside in the air conditioning when possible, and keep the shades closed during the hottest part of the afternoon to help your air conditioner. If you're using an electric fan, make sure it has safety guards.

If the heat is still too much, a tepid shower or bath can cool you down. For quick heat relief, place a damp, cool, washcloth or towel on the back of your neck, wrists, ankles, or armpits.



June 2023

HAMBURG ADULT DAY SERVICES



4540 Southwestern Blvd., Hamburg NY, 14075

716-646-0255

Participants always have the option to not participate in any given activity. There are other options for those that do not want to participate such as coloring, playing cards, checkers, reading, crafts, etc. Staff will provide options based on folks likes and preferences.

HAPPY BIRTHDAY

TO:

Terri B. 6/16
Len P. 6/17
Ginny B. 6/27
Chrissy R. 6/30

*Provided by MTR
a.k.a. Music to
Remember. Thank
you!

Mon	Tue	Wed	Thu	Fri
			1. • Song Pictionary • Games at the Senior Center	2. • Celebrate National Italian Day! • Michael Stuart Sings
5. • Blank Slate Word Game • Bean Bag Number Toss (GB)	6. National Drive-In Movie Day • Watching Grease • Sujeet Desai performs (*MTR)	7. • Movement with Pam • Hot Seat Game	8. World Ocean Day • Ocean Craft (TL) • Outdoor Concert in the Gazebo • Ocean Trivia	9. • Penny Toss • Sal Alfano Performs on the Piano
12. • Cornhole in the Courtyard (DW) • Tony Pedulla Croons	13. International Axe Throwing Day • Ceramics with Marie- \$ • "Axe" Throwing Contest	14. FLAG DAY • American Star Craft (MH) • American Flags (RH)	15. • Give Me 5 (MS) • Backtracks Performs	16. • Color Go Fish and Card Games • <u>Lunch Outing OR Ladderball</u>
19. • Celebrating Men • Movement with Pam	20. • Would you Rather? • Dice Golf	21. World Music Day • Music Facts, Trivia, and More • Rockin Robin Rocks Out!	22. • Flower Craft (MH) • Robin Miller on the Piano OR Ice Cream Outing	23. • Coin Bowling (TD) • Sentimental Journey Entertains
26. • Right/Left Game • Michael from Herd of Buffalo Plays Guitar and Sings	27. • From Start to Finish Dice Game • Dick O'Dell Sings and Plays the Banjo	28. • Veggie Stamping Craft (LS) • Hop Scotch Game (JK)	29. • Lotto 649 Game • Participant Council Meeting • Michael Hund Performs (*MTR)	30. • Hungry Hippo Table Game • Minute to Win it Games (NP)

June 2023 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <ul style="list-style-type: none"> ◦ Whole Wheat Toast ◦ Banana ◦ Milk 	2 <ul style="list-style-type: none"> ◦ Cheerios ◦ Yogurt ◦ Pears ◦ Milk
5 <ul style="list-style-type: none"> ◦ Wheatus ◦ Yogurt ◦ Peaches ◦ Milk 	6 <ul style="list-style-type: none"> ◦ Waffles ◦ Fruit Cocktail ◦ Milk 	7 <ul style="list-style-type: none"> ◦ Wheat Toast ◦ Diced Pears ◦ Milk 	8 <ul style="list-style-type: none"> ◦ Cheerios ◦ Yogurt ◦ Mandarin Oranges ◦ Milk 	9 <ul style="list-style-type: none"> ◦ Raisin Toast ◦ Banana ◦ Milk
12 <ul style="list-style-type: none"> ◦ Whole Grain English Muffin ◦ Fruit Cocktail ◦ Milk 	13 <ul style="list-style-type: none"> ◦ Whole Wheat Toast ◦ Pineapple ◦ Milk 	14 <ul style="list-style-type: none"> ◦ French Toast ◦ Mandarin Oranges ◦ Milk 	15 <ul style="list-style-type: none"> ◦ Wheatus ◦ Yogurt ◦ Diced Peaches ◦ Milk 	16 <ul style="list-style-type: none"> ◦ Crispy Rice Cereal ◦ Yogurt ◦ Banana ◦ Milk
19 <ul style="list-style-type: none"> ◦ Cheerios ◦ Yogurt ◦ Pineapple Tidbits ◦ Milk 	20 <ul style="list-style-type: none"> ◦ Waffles ◦ Fruit Cocktail ◦ Milk 	21 <ul style="list-style-type: none"> ◦ Whole Wheat Toast ◦ Fruit Compote ◦ Milk 	22 <ul style="list-style-type: none"> ◦ Whole Grain English Muffin ◦ Banana ◦ Milk 	23 <ul style="list-style-type: none"> ◦ Wheatus ◦ Yogurt ◦ Mandarin Oranges ◦ Milk
26 <ul style="list-style-type: none"> ◦ Pancakes ◦ Fruit Cocktail ◦ Milk 	27 <ul style="list-style-type: none"> ◦ Raisin Toast ◦ Diced Pears ◦ Milk 	28 <ul style="list-style-type: none"> ◦ Wheatus ◦ Yogurt ◦ Banana ◦ Milk 	29 <ul style="list-style-type: none"> ◦ Whole Grain English Muffin ◦ Pineapple Tidbits ◦ Milk 	30 <ul style="list-style-type: none"> ◦ Whole Wheat Toas ◦ Applesauce ◦ Milk

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>In addition to the lunch entrée stated, 8 oz. of 1% milk is served daily, along with water. If folks dislike the daily entrée, they will be offered a sandwich as a substitution, and sides indicated will be served with the substitute.</p>				
<p>5</p> <ul style="list-style-type: none"> ◦ Turkey Ala King ◦ Mashed Potato ◦ Carrots ◦ Biscuit 	<p>6</p> <ul style="list-style-type: none"> ◦ Ham Steak With Maple Glaze ◦ Scalloped Potatoes ◦ Peas With Red Pepper ◦ Wheat Bread 	<p>7</p> <ul style="list-style-type: none"> ◦ Boneless Chicken Breast With Pineapple Salsa ◦ Rice Pilaf ◦ Broccoli / Corn ◦ Wheat Bread 	<p>8</p> <ul style="list-style-type: none"> ◦ Hamburger With Gravy ◦ Green Beans ◦ Sweet Potatoes ◦ Wheat Hamburger Roll 	<p>9</p> <ul style="list-style-type: none"> ◦ Breaded Chicken Breast With Tomato Sauce ◦ Wax Beans ◦ Spinach ◦ Wheat Bread
<p>12</p> <ul style="list-style-type: none"> ◦ Chili Con Carne ◦ Carrots ◦ Broccoli ◦ Brown Rice ◦ Wheat Dinner Roll 	<p>13</p> <ul style="list-style-type: none"> ◦ Vegetable Lasagna With Cream Sauce ◦ Peas ◦ Cauliflower ◦ Wheat Dinner Roll 	<p>14</p> <ul style="list-style-type: none"> ◦ Hot Dog ◦ Baked Beans ◦ Corn ◦ Warm Cinnamon Apples ◦ Wheat Hot Dog Roll 	<p>15</p> <ul style="list-style-type: none"> ◦ Sliced Turkey With Gravy ◦ Ranch Mashed Potatoes ◦ Green Beans ◦ Wheat Dinner Roll 	<p>16</p> <ul style="list-style-type: none"> ◦ Breaded Chicken Breast with BBQ Sauce ◦ Zucchini ◦ Mixed Greens ◦ Mac & Cheese ◦ Wheat Dinner Roll
<p>19</p> <ul style="list-style-type: none"> ◦ Chicken Vegetable Casserole ◦ Carrots ◦ Broccoli ◦ Wheat Bread ◦ Biscuit 	<p>20</p> <ul style="list-style-type: none"> ◦ Beef Macaroni Casserole ◦ Mixed Vegetables ◦ Spinach ◦ Wheat Bread 	<p>21</p> <ul style="list-style-type: none"> ◦ Breaded Chicken With BBQ Sauce ◦ Baked Beans ◦ Corn ◦ Wheat Hamburger Roll 	<p>22</p> <ul style="list-style-type: none"> ◦ Roast Turkey With Gravy ◦ Mashed Potato ◦ Peas & Carrots ◦ Wheat Dinner Roll 	<p>23</p> <ul style="list-style-type: none"> ◦ Beer Battered Fish ◦ Cheesy Diced Potato ◦ Coleslaw With Carrots ◦ Wheat Dinner Roll
<p>26</p> <ul style="list-style-type: none"> ◦ Cheese Ravioli With Tomato Sauce ◦ Cauliflower ◦ Squash With Peppers ◦ Wheat Bread 	<p>27</p> <ul style="list-style-type: none"> ◦ Boneless Chicken Breast With Gravy ◦ Corn ◦ Green Beans ◦ Spanish Rice ◦ Wheat Bread 	<p>28</p> <ul style="list-style-type: none"> ◦ Pork Stew ◦ Mashed Potatoes ◦ Mixed Vegetables ◦ Wheat Dinner Roll 	<p>29</p> <ul style="list-style-type: none"> ◦ Meatballs With Creamy Swedish Gravy ◦ Peas ◦ Carrots ◦ Wheat Bread 	<p>30</p> <ul style="list-style-type: none"> ◦ Cheese Omelet With Creole Sauce ◦ Tater Tots ◦ Broccoli ◦ MultiGrain Bread