

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.gov



Volume 27, Number 7

July 1, 2023

Have A Fun and Safe 4th of July!

Summer is here and we hope you are all enjoying this beautiful sunshine! With the sun comes some really hot days. We do have air conditioning in our building, however, please dress appropriately (we recommend layers) as we may have some days where we go outside to do activities. In the courtyard of the ADC, there is a gazebo that provides plenty of shade for outdoor activities.

We recommend leaving a sweater here for you loved one. You can also bring in a spare set of summer clothes for your loved one in case of an accident. Please label all clothing and other items that are sent in! We appreciate your assistance! Thank you!



Town of Hamburg Supervisor: Randall Hoak

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

Director: Jillian Gorman-King

Deputy Director: Joseph P. Wenzel

Senior Recreation Supervisor: Joseph S. Pietras

Recreation Supervisor: Marc Collins

Senior Program Coordinator: Rosanne Witryk

Recreation Supervisor: Hilary Pundt

Program Coordinator: Meghan Guziec

New Program Through LIFE!

There is a new weekend respite program being offered through Catholic Health LIFE. This service takes place on Saturdays, once a month, at 600 Doat St. Cheektowaga, NY. Please see the enclosed brochure for more information!

You can also learn more online at:

Chsbuffalo.org/exhale or

call (716)839-8651

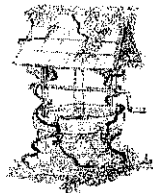
We Wish You Well

Gladys S.

Laurie D.

Jackie P.

Ann M.



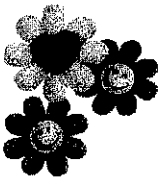
We will miss all of you! It was a pleasure getting to know you and we wish you all the best in your future adventures!

Welcome Back

Leon W.

Leonard P.

We have missed you all!



Joe R.

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

July Highlights:



- Tony Pedulla Performs: W, 7/5
- Movement with Pam: M, 7/10
- Robert Insana Sings: M, 7/10
- Nandor Performs: T, 7/11
- Ceramics with Marie: W, 7/12- \$5.00
- Robin Miller Plays the Piano: Th, 7/13
- Sal Alfano Entertains: F, 7/14
- Michael from Herd of Buffalo Play Guitar: M, 7/17
- **Lunch Outing: W, 7/19- \$
- *Harmonic Edge Concert at Hamburg Senior Center: Th, 7/20
- Peter Van Scozza Plays the Violin: Th, 7/20
- Rockin' Robin Rocks Out!: F, 7/21
- *Cindy Sue and Brian Perform at the Senior Center: M, 7/24
- Greg Hennessey Entertains: W, 7/26
- **Ice Cream Outing to Cookies and Cream: Th, 7/27- \$
- Movement with Pam: F, 7/28
- Live Music with Cairde: F, 7/31

*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.

Senior Center Events for You and Your Loved One's

Afternoon Outdoor Concerts

Thursday, July 20th 1:00pm

Enjoy live music with Harmonic Edge (Barbershop Quartet)

Monday, July 24th 2:00pm

Live Music Folk Singers with Cindy Sue & Brian

**Concert sponsored by Hamburg Adult Day*



Concert will be located on the lawn near the gazebo) *Bring your own chair!*

Lemonade & Ice Tea will be on sale for 50 cents

Inclement weather concert will be moved indoors

Outdoor Movie

Tuesday, July 11th 6:00pm

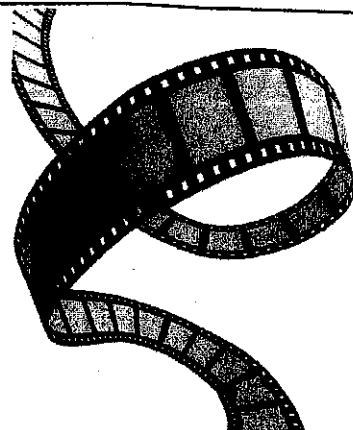
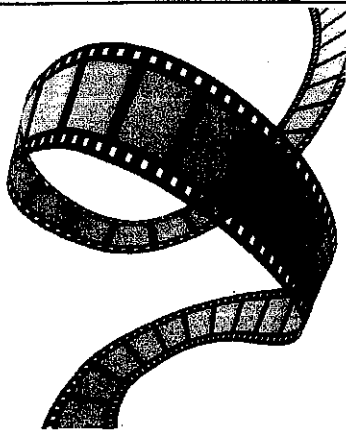
"Take Me Out to the Ballgame"

Rated 1949 1 hour 33 mins

Starring: Frank Sinatra & Gene Kelly

Bring a chair/blanket and enjoy the evening!

Inclement weather concert will be moved indoors



Outdoor Evening Concert

4:30pm-6:30pm Tuesday, July 25th

4:30pm-5:15pm Rockin' Robin **Buffalo Music Hall of Fame Inductee**

5:30pm-6:30pm Will & Debbie "Underarrest Duo"

Buffalo Music Hall of Fame Inductee

Music Sponsored by *Music to Remember WNY*

Hot Dogs & Refreshments courtesy of *United Health Care*

Bring own chair - For inclement weather concert will be moved indoors

"Both physicians and patients need to make discussions about cognition a routine part of interactions," said Dr. Nicole Purcell, a neurologist and senior director of clinical practice at the Alzheimer's Association. "These new treatments treat mild cognitive impairment or early-stage Alzheimer's disease with confirmation of amyloid, so it's really important that conversations between patients and doctors happen early or as soon as symptoms occur, while treatment is still possible and offers the greatest benefit."

Some doctors who took part in the survey expressed concern about the quality of care that will follow a diagnosis of Alzheimer's or other dementia.

There's been a shortage of geriatricians for more than a decade, and it's only expected to get worse as the US population ages and the senior population jumps more than 50% by 2050.

In order to effectively care for the number of seniors who are projected to have Alzheimer's dementia in 2050, the number of practicing geriatricians would have to nearly triple, according to the report.

But more regular diagnosis of Alzheimer's disease could create an influx of patients that "could soon become a crisis" for the workforce focused on care for this and other dementia patients, according to the report.

There are also looming threats to the millions of unpaid caregivers for those with Alzheimer's.

Caregivers can experience increased negative emotions, including stress, depression and anxiety, as well as exacerbated health problems and depleted personal finances, a burden that will only continue to grow along with the number of people requiring care, the Alzheimer's Association says.

The national cost of caring for individuals living with Alzheimer's or other dementias grew \$24 billion from a year ago, reaching \$345 billion overall in 2023, according to the report. Caregiving assistance is worth hundreds of billions of dollars, too.

"Providing the best possible care for Alzheimer's disease requires conversations about memory at the earliest point of concern and a knowledgeable, accessible care team that includes physician specialists to diagnose, monitor disease progression and treat when appropriate," Carrillo said.

July 2023 Breakfast

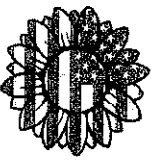
Monday		Tuesday		Wednesday		Thursday		Friday	
3	◦ Whole Wheat Toast ◦ Diced Peaches ◦ Milk	4	CLOSED Independence Day	5	◦ Bran Flakes ◦ Yogurt ◦ Fruit Cocktail ◦ Milk	6	◦ Cheerios ◦ Yogurt ◦ Mandarin Oranges ◦ Milk	7	◦ Whole Wheat Toast ◦ Banana ◦ Milk
10	◦ Whole Grain English Muffin ◦ Pears ◦ Milk	11	◦ Waffles ◦ Fruit Cocktail ◦ Milk	12	◦ Whole Wheat Toast ◦ Diced Peaches ◦ Milk	13	◦ Rice Krispie Cereal ◦ Yogurt ◦ Pineapple Tidbits ◦ Milk	14	◦ Raisin Toast ◦ Banana ◦ Milk
17	◦ Whole Grain English Muffin ◦ Diced Pears ◦ Milk	18	◦ Whole Wheat Toast ◦ Pineapple Tidbits ◦ Milk	19	◦ French Toast ◦ Tropical Fruit Cup ◦ Milk	20	◦ Cheerios ◦ Yogurt ◦ Watermelon ◦ Milk	21	◦ Bran Flakes ◦ Yogurt ◦ Banana ◦ Milk
24	◦ Cheerios ◦ Yogurt ◦ Piineapple ◦ Milk	25	◦ Pancakes ◦ Applesauce With Cin- namon ◦ Milk	26	◦ Whole Wheat Toast ◦ Pears ◦ Milk	27	◦ Whole Grain English Muffin ◦ Fruit Cocktail ◦ Milk	28	◦ Bran Flakes ◦ Yogurt ◦ Banana ◦ Milk
31	◦ Cheerios ◦ Yogurt ◦ Pears ◦ Milk								



July 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:

JoAnn M. 07/06
Edward O. 07/19
Charles H. 07/20
Peggy S. 07/22

*Provided by MTR a.k.a.

Music to Remember.

Thank you!

Mon	Tue	Wed	Thu	Fri
3. <ul style="list-style-type: none"> Kickball Celebrate Independence Day! 	4. <p>Program Closed Happy 4th of July!</p>	5. <ul style="list-style-type: none"> Bean Bag Toss (JK) Tony Pedulla Performs 	6. <ul style="list-style-type: none"> Cards and Coloring Corner (MS) Charades (RH) 	7. <ul style="list-style-type: none"> Tissue Paper Flag (TD) Celebrate World Chocolate Day
10. <ul style="list-style-type: none"> Movement with Pam Robert Insana Sings (*MTR) 	11. <ul style="list-style-type: none"> Balloon Badminton (MS) Nandor Performs 	12. <ul style="list-style-type: none"> Ceramics with Marie Hot Seat Game! (LS) 	13. <ul style="list-style-type: none"> Soak in the Summer Craft (TL) Robin Miller on the Piano 	14. <ul style="list-style-type: none"> Red/Black, High/Low Cards Game (DW) Sal Alfano Entertains
17. <ul style="list-style-type: none"> Suncatchers (DW) Michael from Herd of Buffalo Plays Guitar 	18. <ul style="list-style-type: none"> The Name Game (TL) Open Mic Singing (LS) 	19. <ul style="list-style-type: none"> Scategories (GB) Lunch Outing Pairs and Prize Dice Game 	20. <ul style="list-style-type: none"> Word Games (NP) Harmonic Edge at Senior Center Peter Van Scozza 	21. <ul style="list-style-type: none"> Button Craft (MH) Rockin' Robin Rocks Out!
24. COWBOY DAY! <ul style="list-style-type: none"> Cowboy Quiz & Games (JK) Cindy Sue and Brian Perform at the Senior Center 	25. <p>Christmas in July</p> <p>Crafts, Games, & More (MH & TD)</p>	26. <ul style="list-style-type: none"> No Sixes Game Participant Council Meeting Greg Hennessey Entertain (*MTR) 	27. <ul style="list-style-type: none"> Painting with Nancy (NP) Ice Cream Outing to Cookies and Cream or Games 	28. <ul style="list-style-type: none"> Movement with Pam July #1 Hits: 50's -80's (RH)
31. <ul style="list-style-type: none"> Ladderball (GB) Live Music with Cairde 				