

# 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](http://www.townofhamburgny.gov)



Volume 27, Number 9

September 1, 2023

## Adult Day Services Week

This month, we are celebrating Adult Day Services Week. Adult Day Services Week is September 17th– 23th. We take great pride here at the Hamburg Adult Day in providing, what we strive to be, great services to the people we serve. We aim for our services to be person centered and to encompass both mental and physical wellness to those we have the pleasure of seeing throughout the week.

This month we would also like to thank our staff who always strive to help others with open arms and a warm heart. We are happy to say that our staff really love what they do, and their energy is contagious. They each engage others in a different and unique way, and we applaud them all for their enthusiasm. So we would like to take this opportunity to thank all the staff for a job well done.



Town of Hamburg Supervisor: Randall Hoak

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

Director: Jillian Gorman-King

Senior Program Coordinator: Rosanne Witryk

Program Coordinator: Meghan Guziec

Deputy Director: Joseph P. Wenzel

Senior Recreation Supervisor: Nicole Ruberto

Recreation Supervisor: Marc Collins

Recreation Supervisor: Hilary Pundt

# HAPPY BIRTHDAY TO YOU...

**Val W.** **09/03**

**Rosanne W.** **09/23**

**Theresa P.** **09/24**

**Mindy S.** **09/28**

**Meghan G.** **09/29**



## IF YOU ARE SICK, OR SOMEONE YOU LIVE WITH IS SICK, PLEASE STAY HOME FOR AT LEAST 24 HOURS!

We love ALL our participants and caregivers but not the germs that come with the season. Please call and let us know if you are experiencing any symptoms related to having a cold, stomach flu, or COVID-19. If you (or anybody in your home) are experiencing these symptoms, we ask that you stay home.

Consult with you or your loved one's physician to determine if you should seek further medical attention. Follow the professional's directions. We also ask that, even if you are feeling better, you stay home just a few more days. We want to make sure you are not contagious, as we would not want anyone else to become ill. We appreciate your cooperation with this matter.

### **Symptoms that might warrant you to stay home:**

**Fever or chills, coughing, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea**

**\* IF YOU HAVE ANY OF THESE SYMPTOMS PLEASE REMAIN HOME AND CONSULT WITH YOUR DOCTOR! WE CANNOT EXPRESS HOW IMPORTANT IT IS TO US TO KEEP EVERYONE SAFE!**



## HIGHLIGHTS

- Cairde Band Performs: F, 09/01
- Oyer and Morgan Perform (Music sponsored by Music to Remember): W, 09/06
- \*\*Trip to the Beauty Shop: Th, 09/07
- Robin Miller on the Piano: Th, 09/07
- Movement with Pam: F, 09/08
- Michael from Herd of Buffalo Performs: M, 09/11
- Tony Pedulla Performs at Senior Center: T, 09/12
- Ceramics with Marie: W, 09/13
- \*\*Lunch Outing: Th, 09/14
- Michael Keller sings: F, 09/15
- Sal Alfano plays the piano: M, 09/18
- Chris Panfil Performs (Music sponsored by Music to Remember): W, 09/20
- \*\*Trip for Ice Cream: F, 09/22
- Celebrating Oktoberfest with performance by Dick O'Dell : T, 09/26
- Visit from Project Y.E.S.: Th, 09/28
- Rockin' Robin Rocks Out: F, 09/29

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

## A Special Thank You To...

... Marlene H. for the donation of craft supplies

... Marie C. for the donation of BINGO prizes

... Gladys Family for donation of supplies



**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!**

PROGRAM CLOSED FOR LABOR  
DAY:

MONDAY, SEPTEMBER 4, 2023



### 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. 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!

### 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.

## We Wish You Well

**Janice P.**



**Roberta R.**

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



Our thoughts and prayers go out to the Family of

**Joe R.**

We are so sorry. We have enjoyed getting to know Joe. Our deepest sympathy for your loss.



**Helen L.**

**Joanne J.**

**Laura S.**

**Jennie D.**

**Bob H.**

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

## Welcome & Welcome Back

**Carol M.**

**Willena M.**

**Rita G.**

**Marge H.**

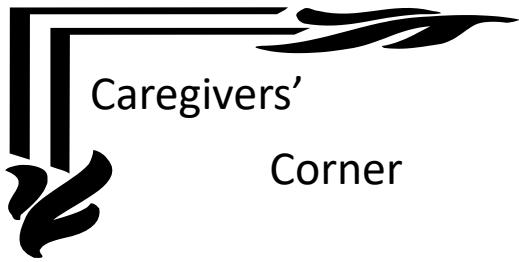
**Harold T.**

**Dick S.**

**JoAnn J.**

We are so happy to have you here at the club with us!





### The Caregivers' 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, September 26th, 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.

**PLEASE NOTE: All attending must complete a COVID screening at the door.**

### **In- Office Caregiver Education Series**

**Alzheimer's Association, WNY**

**6215 Sheridan Dr., Suite 100**

**Buffalo, NY 14221**



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: A guide for Caregivers

West Seneca Senior Center

4620 Seneca St

West Seneca, NY

Date: Thursday, September 28th

Time: 11:00 a.m.

#### Understanding and Responding to Dementia Related Behaviors

Clarence public Library

3 Town Pl., Clarence

Date: Thursday, September 14th

Time: 6:30 p.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 ADULT DAY SERVICES  
IS PROUD TO BE SPONSORING A FUNDRAISER IN SUPPORT OF



# ANNUAL BOTTLE & CAN DRIVE

## LIVE MUSIC • 50/50 RAFFLE • BASKET RAFFLE

Featuring music from our *Music to Remember* favorite performers & more!

# Saturday September 23

4540 Southwestern Blvd Hamburg NY, 14075

11 AM to 3 PM

Bring refundable cans, bottles (glass or plastic) or  
even just a monetary donation!

\* Please separate glass bottles

With every donation you get tickets for food, and drinks!



Music to Remember is a non-for-profit organization that provides live entertainment for senior citizens, Alzheimer's & dementia patients, disabled veterans & their families. It is a program dedicated to bringing the healing power of music & entertainment to seniors.

*We appreciate all your support!*



# Senior Center Events for You and Your Loved One's

## Afternoon Concert (Gazebo)

**Tuesday, September 12th 2:00pm**

Live Music with Tony Pedulla

\*Concert sponsored by Hamburg Adult Day

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

For inclement weather concert will be moved to the  
50's Diner

## Hispanic Heritage Fiesta!

Thursday, September 21st 5:00pm-8pm

Music, Educational Fun, Food!

Check out our flyers at the Senior Center for more info!

## Bills Season Opener Party (50's Diner)

**Wednesday, September 6th 2:00pm**

Music with The Hasting's Duo, sponsored by Orchard Heights Senior Living

Appetizer Buffet by Coyote Café

Games & Giveaways! Wear your Bills gear!  
(Contest for The Biggest Fan!)

Sign up & Pay by Friday, September 1st

Cost: \$5.00

## Classic Movie Wednesday

**Sept. 6th 12:30pm**

**“Bill Durham”**

(1988) 2 hour 12 mins

Starring Kevin Costner

(Billiard Room)

## Monday Movie Documentary

**Sept. 18th 12:30pm**

**“The Real Robin Hood”**

(2010) 1hour 34min.

(Billiard Room)

## Monday Afternoon Movie

**Sept. 25th 12:30pm**

**A Man Called Otto**

(2022) PG 13 (2 hrs., 6 min.)

Starring Tom Hanks  
(Billiard Room)