



The Friendly Flyer

Hamburg Adult Day Services
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Hamburg, NY 14075
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Visit The Friendly Flyer online:
www.townofhamburgny.com
www.hamburg-youth-rec-seniors.com



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DECEMBER, 2023

HERE COMES SANTA CLAUSE!

We cannot believe that the Holidays have arrived already. We hope you had a very happy Thanksgiving. 'Tis the season to shop and try to find the perfect gift for your loved ones. Sometimes it can be so difficult. A series of endless questions go throughout our minds while on the search. Is this something that they will really get use out of? Will they like it? Will it fit? The list of questions we ask ourselves is never ending. This Christmas, 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! Imagine how different life and the world would be like without music in it. Think about all those wonderful memories you have and how they are connected to music.

Music is an incredibly valuable component of our program. Our folks thrive with music, and we recognize the importance of being able to offer it to them. Here are the facts as to why music is so important to the folks we serve: Music has the ability to soothe or stimulate activity, to provide socialization, to express patriotism, religion, or a sense of fraternity, and to help recall memorable experiences. Studies prove that music allows for appropriate release of emotions, increases verbalization and social skills, reinforces listening skills, and enhances self-image. Music can help express individuality and creativity. Because so many of these goals can be applied to the aging and to our mission at H.A.D.S., music is therapy that is essential to our program.

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 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 a check 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 regarding this important component of our program. **We would be greatly appreciative for your help with this huge expense and responsibility.**



Welcome Back:

Marlene H.

Our
Thoughts
& Prayers

Peggy S. we hope with each passing day you grow stronger. We have enjoyed getting to know you. You will be missed.

A Special Thank You To...

... Marlene H. for donating supplies
... Music to Remember for the gift of music
... Terry L. for bringing in snack to share
... Marilyn P. and her daughters for donating bingo prizes and treats



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

WE WILL BE CLOSED ON THE FOLLOWING DAYS IN DECEMBER AND JANUARY:

FRIDAY, DECEMBER 22nd AND MONDAY, DECEMBER 25th FOR CHRISTMAS



FRIDAY, DECEMBER 29th AND MONDAY, JANUARY 1st FOR NEW YEARS

HAPPY NEW YEAR

CLOSINGS

The cold weather is here and that means that the snow is coming.

If the weather looks bad to you, please check your local weather stations (Channel 2, 4 and 7) as our closing will be listed there and on their websites.

if you are still unsure, please call us and listen to our voicemail, which we attempt to update as soon as possible, stating if we are closed for the day.

Happy Birthday

to:

Fred O. 12/01
Rose D. 12/12

Field Trip Request Form

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

Name: _____

Trip (1) Choice: _____

Trip (1) Choice: _____

Does this trip fall on a day when you are regularly scheduled? 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. If you have any questions, please call 716-646-0255. Thank you!

CAREGIVERS CORNER

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, December 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

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:

Caregiving Through the Holidays

West Seneca Senior Center
4620 Seneca St.

West Seneca, NY 14224

Date: Thursday, December 5th
Time: 6:00 PM- 7:30 PM

Effective Communication Strategies

Hamburg Adult Day Services
4540 Southwestern Blvd.
Hamburg, NY 14075

Date: Thursday, December 12th
Time: 10:30 AM- 11:30 AM

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

Great Stocking Stuffers!

There are F.I.R.S.T. Group Certificates available for sale at the front desk of Hamburg Adult Day Center.

These make a wonderful stocking stuffer or gift. They are used as a gift certificate and come in \$25.00 increments. These certificates are a fundraiser for our program. Our program earns \$8.00 from each certificate sold, and that money then goes towards programming (e.g. entertainment) at the club.

If you fill out the top portion, it also gives you a chance to win \$700.00 in member restaurant gift certificates!

The F.I.R.S.T. Group Certificates are redeemable at the following restaurants:

Apple Dumplin (Springville)

Butera's (Hamburg)

Coyote Cafe (Hamburg)

Curly's Grill (Lackawanna)

Danny's South (Orchard Park)

Ilio DiPaolo's (Blasdell)

JP Fitzgerald's (Hamburg)

Julie's Pizzeria (Springville)

Lucia's on the Lake (Hamburg)

Mason's Grill 52 (Hamburg)

Old Orchard Inn (East Aurora)

Rodney's (Hamburg)

The Colony (Irving)

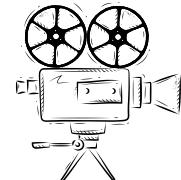
O'Brien's West End (Hamburg)



Thank you and Happy Holidays!

EVENTS THAT ARE BEING HELD OUTSIDE OF HAMBURG ADULT DAY SERVICES THAT MAY INTEREST YOU OR YOUR LOVED ONE

(H.A.D.S. DOES ATTEND A FEW OF THESE EVENTS ON OCCASION BASED ON PARTICIPANT INTEREST)



NARDIN ELEMENTARY HOLIDAY CONCERT

Thursday, December 14th at 10:30 a.m. in the gym at the Hamburg Senior Community Center

MOVIE SERIES

- Christmas in Connecticut on Wednesday, December 6th at 12:30 p.m.
- Grumpy Old Men on Monday, December 18th at 12:30 p.m.
- The Best Exotic Marigold Hotel on Thursday, December 28th at 12:30 p.m.

(All Movies are held at the Hamburg Senior Community Center in the Billiard room)

Holiday Musical Favorites with Mark Mazur and his Little Big Band

Thursday, December 21st at 1:00 p.m. in the 50's Diner

Concert is free, but there is an option of purchasing a box of cookies from Haaks

Cakes and hot chocolate for \$9.00.

Cookies orders must be placed by

Monday, December 18th with the Senior Front Desk (Phone # 716-646-0665)

December Highlights

**Fri 12/1: Movement with Pam (a.m.)
David and Felicia Perform (p.m.)**

Tues 12/5: Ukulele Band Perform (p.m.)

Thurs 12/7: Robin Miller on the Piano (p.m.)

**Fri 12/8: Ceramics with Marie (a.m.)-\$
Lunch Outing to Uncle Joe's (p.m.)-\$**

Mon 12/11: Tony Pedulla Performs (p.m.)

Tues 12/12: Trip to Walmart (p.m.)-\$

**Wed 12/13: Movement with Pam (a.m.)
Peter Van Scozza on the Violin (p.m.)**

**Thurs 12/14: Trips to Haircuts Etc-\$ or Trip to Senior
Center for Nardin Academy Concery (a.m.)**

Fri 12/15: Sentimental Journey Entertains (p.m.)

Mon 12/18: Michael from 1/2 a Herd Performs (p.m.)

**Tues 12/19: Movie Pajama Day (All day)
Michael Stuart Entertains (p.m.)**

**Wed 12/20: CHRISTMAS PARTY WITH PERFORMANCE
BY ROCKIN' ROBIN**

Tues 12/26: Sal Alfano on the Piano (p.m.)

Wed 12/27: Performance by Music to Remember (p.m.)

How to Deal with Dementia During the Holidays

The holiday season is a festive time full of laughter and fond memories, but it can be a stressful time for those with dementia and their caregivers. Celebrations and their associated elements – rearranged or redecorated spaces, visitors and interruptions in routine – can agitate, confuse and overstimulate those with dementia.

As a result, caregivers can feel frustrated, isolated or anxious. Though there's no way to guarantee an untroubled holiday celebration, acting strategically to minimize discomfort and confusion can go a long way toward making gatherings merry and bright. Use these tips from the Alzheimer's Association to help.

Make a plan

Discuss the holidays with the person who has dementia and ask if they feel up to the usual celebration. If not, you might have to change your plans.

Consider passing hosting responsibilities on to family or friends and enjoying their hospitality. If you'd like to host but nighttime agitation is a problem, try switching a holiday dinner to a holiday lunch. Being flexible to accommodate how things have changed can make things much simpler.

Minimize the stress of travel

If you'll travel with someone who has dementia, never leave the person alone and make sure they're wearing an ID bracelet. Allow extra time to avoid the stress of rushing, avoid long layovers, keep plans simple, avoid peak travel times and try to use familiar modes of transportation.

Arranging for services like wheelchairs ahead of time can really minimize stress. Also talk to your host in advance of your visit to find out if they have a quiet space where the person with dementia can take a break or a nap as needed. If your host knows beforehand that such a space would be helpful, they might be able to accommodate.

Prepare the patient

If you're hosting, you have your own prep work to do! Show the person with dementia pictures of who will be visiting and remind them of who each person is to help minimize confusion.

Keep it classic

Playing familiar holiday music and serving familiar holiday foods can help the person with dementia enjoy the holidays, so don't neglect old favorites.

Happily, many traditional holiday activities are safe and enjoyable for those with dementia. Try taking a walk, icing cookies, telling stories, decorating the tree or engaging in another favorite pastime to bring a smile to your loved one's face.

Prepare visitors

Give anyone who will visit an honest update on the condition of the person with dementia before they arrive. Remind them that the best way to communicate with someone who has dementia is to be calm, supportive, and patient; to speak slowly; and to address the person by name.

If visitors need gift ideas, comfortable and easy-to-remove clothing, photo albums, and favorite music and movies are all good bets. Advise gift-givers to avoid complicated board games, dangerous tools and complex electronics that can frustrate or endanger the person with dementia.

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Prepare the home

Make sure there's a "quiet room" where the person with dementia can go if the gathering becomes too overwhelming and where they can take regularly scheduled naps.

When it comes time to decorate, avoid flashing lights which can confuse and distract those with dementia. Also avoid artificial fruits or candies, which can be equally confusing. Make sure there's space for walking side-by-side, wheelchairs, walkers and other mobility aids, and keep cords out of walkways so no one gets tripped up.

Consider assigning a "buddy" who can keep an eye on the person with dementia throughout the celebration to ensure their comfort while you're busy with hosting duties. Also try to seat the person with dementia where they can focus on conversation as much as possible without being distracted.

In addition to holiday-specific considerations, don't forget the core tenets of environmental and patient safety that apply throughout the year:

- Consider limiting access to the kitchen, stairwells and other areas in which injuries often occur
 - Avoid darkly colored rugs which can appear as holes to those with dementia
 - Maintain bright, even lighting
 - Check the temperature of food and drinks
 - Supervise when the person you care for takes medication
 - Keep emergency phone numbers and a list of medications handy

Take care of yourself

One of the most important parts of caregiving is taking care of yourself. As Melissa Morante of ComForCare describes it, "You can't pour from an empty vessel."

Keep your own spirits high during the holiday season by staying positive and asking for help when you need it – from family and friends or from a professional. If you're hosting and you don't have the energy or bandwidth to execute every holiday tradition, dish or decoration, that's okay. Giving visitors a heads up beforehand will minimize uncomfortable surprises, and someone might even offer to lend an extra hand to help out.

Consider booking a massage for after the holidays or scheduling lunch with a friend: two ways of investing a few hours in your own relaxation and wellbeing. Taking care of an ill or elderly loved one is not a sprint, it's a marathon, and doing things for yourself helps you maintain the well of patience, calm and caring that you draw from throughout your journey as a caregiver.

By taking these steps to avoid stress for you and the person you care for, you can help make sure that the holiday season is a source of joy rather than a source of anxiety.

Reference: <https://cbs12.com/features/health-watch/comforcare/how-to-deal-with-dementia-during-the-holidays>

