

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 26, Number 8

August 1, 2022

THE ERIE COUNTY FAIR

August has arrived which means the summer is almost over. It also means that the fair is approaching, and this ensures a great time for all from H.A.D.S. who will attend the Erie County Fair!

PLEASE RESERVE YOUR SPOT ASAP IF YOU WOULD LIKE TO ATTEND! AS WE ARE TAKING A LIMITED # OF PEOPLE!

If you are going to the fair with H.A.D.S., then please keep the following things in mind:

- ⇒ Please bring enough money for your lunch and to cover any other spending needs that you may have.
- ⇒ We will be going to the fair Friday, August 19th. This is an all day event; therefore, you must plan on arriving at the center NO LATER THAN 9:00 a.m. We will be departing the center for the fairgrounds at 10:15 a.m.
 - ⇒ Please dress appropriately for the weather, including wearing sunscreen, or bringing gear for rain.
- ⇒ We are planning to have wheelchairs available for everyone to use. Volunteers from Hamburg's Project Y.E.S. will help to push the wheelchairs.
 - ⇒ We will be departing the fairgrounds at approximately 3:00 p.m.

Please note, there are several people that do not go to the fair for one reason or another. There will still be many folks back at the center and many activities that will be offered.

We look forward to another fun filled, exciting year at the fair. Should you have any questions or concerns regarding the fair, please feel free to contact Meghan Guziec at 716-646-0255. THANK YOU!

Town of Hamburg Supervisor: Randall Hoak

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

Interim Director: Joseph P. Wenzel

Senior Recreation Supervisor: Joseph S. Pietras

Recreation Supervisor: Marc Collins

Senior Program Coordinator: Rosanne Witryk

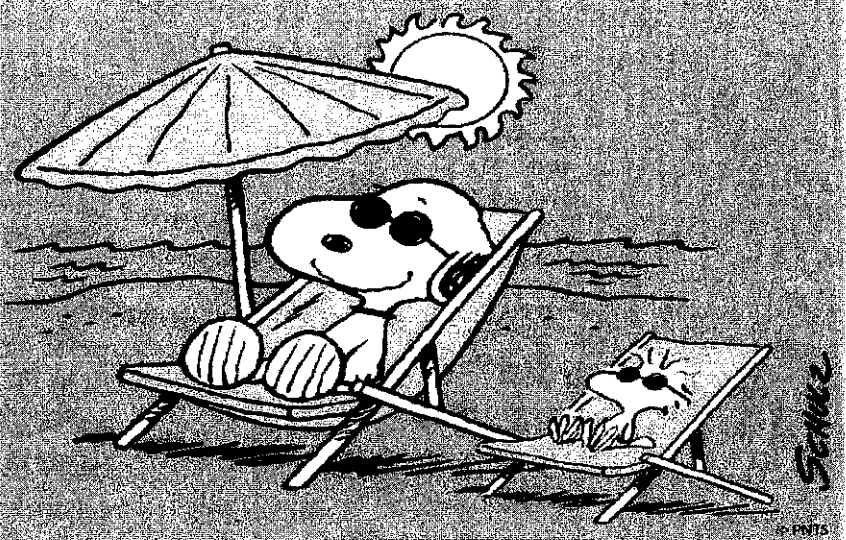
Program Coordinator: Meghan Guziec

**HAPPY BIRTHDAY TO
YOU...**

Nancy R.	8/10
Ray G.	8/10
Thomas H.	8/14
Ralph L.	8/18



SUMMER PLANS



IF YOU ARE SICK WITH ANY SIGNS AND SYMPTOMS PLEASE

STAY HOME!

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 be tested for COVID or 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.

SIGNS AND SYMPTOMS OF COVID-19 ARE:

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!**

A Special Thank You To...

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

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

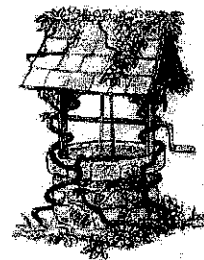
... Sandy S. and Sandy B. for the donation of snacks to share

... All the past participant families who made monetary donations to the Participant Council Fund



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!

We Wish You Well



Robert L.

Michael C.

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

Welcome

PEGGY S.

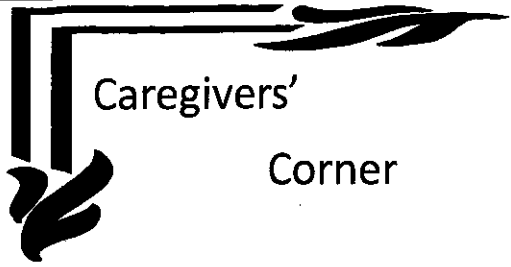
We are so happy to have you here with us!



Our thoughts and prayers go out to the following individual:

Edward O.

We miss you. We hope that with each passing day you grow stronger!



Caregivers'

Corner

PLEASE NOTE...

THIS REMINDER...

Our Caregiver's are invited to participate in the Support Group held at:

**Peregrine Senior Living at Orchard Park
101 Sterling Dr.
Orchard Park, NY 14127
Phone: (716)293-2446**

This group is currently being held every fourth Tuesday of the month from

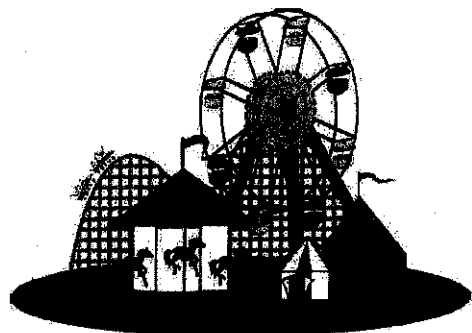
1:00 p.m.- 2:30 p.m.

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

August 23rd, 2022

PLEASE NOTE: Group will be held in-person only. Virtual groups are no longer being held at this time.

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.

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

If you would like to access these virtual courses you can go to:

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

You may register for online classes at the site below:

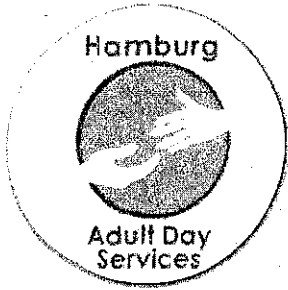
<https://www.alz.org/events/> and search for educational programs in the area.

or

Please call the Alzheimer's Association Western New York Chapter helpline at (800) 272-3900 where care consultants are available 24/7 to talk and/or provide assistance. The Alzheimer's Association local number is 716-626-0600 ext. 313.

WNY Alzheimer's Association has a facebook page (<http://www.facebook.com/4alzwny/>) if anyone is interested. It has some great things that could be beneficial to our caregivers such as a series on self care and activities to do at home. It also may contain a virtual video of special speakers from different chapters.

TOWN OF HAMBURG ADULT DAY SERVICES
IS PROUD TO BE SPONSORING A FUNDRAISER IN SUPPORT OF



MUSIC TO REMEMBER

www.musicrememberwny.com

A Program Partnered with the Buffalo Music Hall of Fame



ANNUAL BOTTLE & CAN DRIVE LIVE MUSIC • 50/50 RAFFLE • FOOD • DRINKS!

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

Sunday Aug 28th

4540 Southwestern Blvd Hamburg NY, 14075

12 PM to 4 PM

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

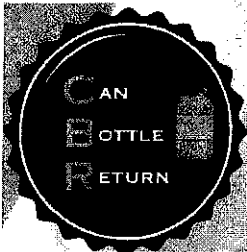
Please separate glass bottles

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



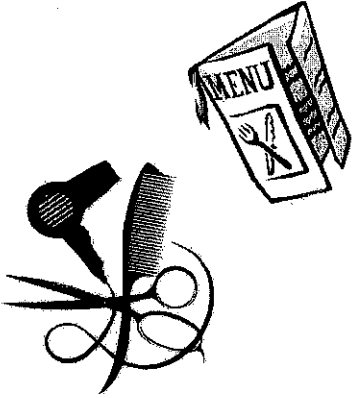
Music to Remember is a non-for-profit organization that provides live entertainment for senior citizens, Alzheimer's & dementia patients, disabled veterans & their families. It is a program dedicated to bringing the healing power of music & entertainment to seniors.

We appreciate all your support!

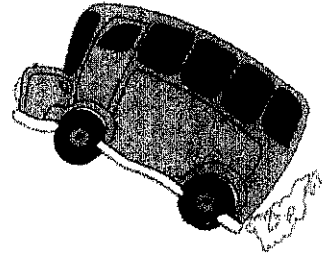


FIELD TRIPS ARE BACK!

Here are the field trips for **JULY**. Please use the "Field Trip Request Form" below if you would like to go on a trip. Also, please note, that most trips require money, so please either bring/send in money for you/your loved one. This money will be added to their funds.



- 8/09: Lunch Outing at Wayside
- 8/10: Trip to the Beauty Shop
- 8/19: Trip to the Erie County Fair
- 8/24: Trip to Cookies and Cream Ice Cream Shop



Field Trip Request Form

(Please make your selection, cut out, and give back to us! Thank you!)

Name: _____

Trip (1) Requested Date: _____

Alternate Trip Requested and 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. All trips are weather and attendance pending!

We Want Your Input!

If you have any activity ideas, or there is something you would like to do here at the club, please write your suggestions here and turn this, into the front desk. We value your suggestions and input 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.

1. _____

2. _____

Alzheimer's and dementia care: Tips for daily tasks

Alzheimer's and dementia caregiving takes patience and flexibility. To reduce frustration, consider these tips for daily tasks — from limiting choices to creating a safe environment.

By Mayo Clinic Staff

If you are caring for someone with Alzheimer's disease or a related dementia, your role in managing daily tasks will increase as the disease progresses. Consider practical tips that can help the person with dementia participate as much as possible and enable you to manage tasks effectively.

Reduce frustrations

A person with dementia might become agitated when once-simple tasks become difficult. To limit challenges and ease frustration:

- **Schedule wisely.** Establish a daily routine. Some tasks, such as bathing or medical appointments, are easier when the person is most alert and refreshed. Allow some flexibility for spontaneous activities or particularly difficult days.
- **Take your time.** Anticipate that tasks may take longer than they used to and schedule more time for them. Allow time for breaks during tasks.
- **Involve the person.** Allow the person with dementia to do as much as possible with the least amount of assistance. For example, he or she might be able to set the table with the help of visual cues or dress independently if you lay out clothes in the order they go on.
- **Provide choices.** Provide some, but not too many, choices every day. For example, provide two outfits to choose from, ask if he or she prefers a hot or cold beverage, or ask if he or she would rather go for a walk or see a movie.
- **Provide simple instructions.** People with dementia best understand clear, one-step communication.
- **Limit napping.** Avoid multiple or prolonged naps during the day. This can minimize the risk of getting days and nights reversed.
- **Reduce distractions.** Turn off the TV and minimize other distractions at mealtime and during conversations to make it easier for the person with dementia to focus.

Be flexible

Over time, a person with dementia will become more dependent. To reduce frustration, stay flexible and adapt your routine and expectations as needed.

For example, if he or she wants to wear the same outfit every day, consider buying a few identical outfits. If bathing is met with resistance, consider doing it less often.

Create a safe environment

Dementia impairs judgment and problem-solving skills, increasing a person's risk of injury. To promote safety:

- **Prevent falls.** Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas.
- **Use locks.** Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.
- **Check water temperature.** Lower the thermostat on the hot-water heater to prevent burns.
- **Take fire safety precautions.** Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

Focus on individualized care

Each person with Alzheimer's disease will experience its symptoms and progression differently. Tailor these practical tips to your family member's needs.

Patience and flexibility — along with self-care and the support of friends and family — can help you deal with the challenges and frustrations ahead

Reference: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers-caregiver/art-20047577>

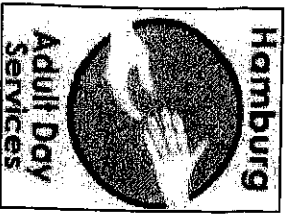
August 2022 Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<ul style="list-style-type: none"> Cheerios Yogurt Diced Pears Milk 	2	<ul style="list-style-type: none"> Waffles Fruit Compote Milk 	3	<ul style="list-style-type: none"> Whole Grain English Muffin Pineapple Tidbits Milk 	4	<ul style="list-style-type: none"> French Toast Diced Peaches Milk 	5	<ul style="list-style-type: none"> Wheat Toast Fruit Cocktail Milk
8	<ul style="list-style-type: none"> Crispy Rice Cereal Tropical Fruit Cup Milk 	9	<ul style="list-style-type: none"> Waffles Fruit Cocktail Milk 	10	<ul style="list-style-type: none"> Wheat Toast Diced Peaches Milk 	11	<ul style="list-style-type: none"> Cheerios Yogurt Pineapple Tidbits Milk 	12	<ul style="list-style-type: none"> Raisin Toast Banana Milk
15	<ul style="list-style-type: none"> Whole Grain English Muffin Fruit Cocktail Milk 	16	<ul style="list-style-type: none"> Wheat Toast Watermelon Milk 	17	<ul style="list-style-type: none"> French Toast Cinnamon Applesauce Milk 	18	<ul style="list-style-type: none"> Cheerios Yogurt Pineapple Milk 	19	<ul style="list-style-type: none"> Wheaties Yogurt Pears Milk
22	<ul style="list-style-type: none"> Cheerios Yogurt Pineapple Tidbits Milk 	23	<ul style="list-style-type: none"> Pancakes Peaches Milk 	24	<ul style="list-style-type: none"> Wheat Toast Fruit Cocktail Milk 	25	<ul style="list-style-type: none"> Whole Grain English Muffin Mandarin Oranges Milk 	26	<ul style="list-style-type: none"> Crispy Rice Cereal Yogurt Cantaloupe Milk
29	<ul style="list-style-type: none"> Whole Grain English Muffin Fruit Cocktail Milk 	30	<ul style="list-style-type: none"> French Toast Peaches Milk 	31	<ul style="list-style-type: none"> Wheaties Cereal Yogurt Fruit Cocktail Milk 	9/1	<ul style="list-style-type: none"> Whole Wheat Toast Banana Milk 		

This institution is an equal opportunity provider.

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> 1 Cheese Omelet With Cheese Sauce Tater Tots Peppers/Onions/Tomato Raisin Bread 	<ul style="list-style-type: none"> 2 Boneless Chicken Breast With Gravy Mashed Sweet Potato Peas Wheat Dinner Roll 	<ul style="list-style-type: none"> 3 Hamburger With Gravy Broccoli Zucchini & Yellow Squash Wheat Hamburger Roll 	<ul style="list-style-type: none"> 4 Breaded Pork Chop With Gravy Lazy Pierogi Carrots Wheat Dinner Roll 	<ul style="list-style-type: none"> 5 Teriyaki Beef Strips Oriental Mixed Vegetables Cauliflower Brown Rice Wheat Dinner Roll
<ul style="list-style-type: none"> 8 Breaded Chicken Breast With Herbed Gravy Cheddar Mashed Potato Lima Bean Bake Wheat Dinner Roll 	<ul style="list-style-type: none"> 9 Stuffed Shells & Meat Sauce Spinach & Mushrooms Cauliflower Wheat Bread 	<ul style="list-style-type: none"> 10 Pork Ribette & BBQ Sauce Scalloped Potatoes Peas & Red Pepper Wheat Bread 	<ul style="list-style-type: none"> 11 Breaded Fish Broccoli/Cheese Rice Zucchini & Tomatoes Wheat Bread 	<ul style="list-style-type: none"> 12 Boneless Chicken Breast With Gravy Mashed Potato Mixed Vegetable Wheat Bread
<ul style="list-style-type: none"> 15 Ham Steak With Pineapple Topping Butternut Squash Wax Beans Wheat Dinner Roll 	<ul style="list-style-type: none"> 16 Four Meatballs With Gravy Cauliflower Corn Brown Rice Wheat Dinner Roll 	<ul style="list-style-type: none"> 17 Cheese Tortellini With Chicken Cream Sauce Carrots Broccoli Wheat Bread 	<ul style="list-style-type: none"> 18 Turkey Breast With Gravy & Cranberry Sauce Sweet Potatoes Green Beans Wheat Bread 	<ul style="list-style-type: none"> 19 Cabbage Roll With Meat Sauce Mashed Potato Broccoli Florets Wheat Dinner Roll
<ul style="list-style-type: none"> 22 Caribbean Chicken Stew California Vegetables Brown Rice Wheat Bread 	<ul style="list-style-type: none"> 23 Sloppy Joe Broccoli Roasted Red Potatoes Wheat Hamburger Roll 	<ul style="list-style-type: none"> 24 Vegetable Quiche With Cheese Sauce Spinach Harvard Beets Wheat Dinner Roll 	<ul style="list-style-type: none"> 25 Boneless Chicken Breast With Gravy Cheesy Mashed Potatoes Green Beans Wheat Bread 	<ul style="list-style-type: none"> 27 Beer Battered Fish German Potato Salad Mixed Vegetables Wheat Bread
<ul style="list-style-type: none"> 29 Meatballs With Tomato Sauce Cauliflower Seasoned Spinach Rofirni Wheat Bread 	<ul style="list-style-type: none"> 30 Breaded Chicken Breast With Buffalo Sauce Fiesta Corn Broccoli Wheat Hamburger Roll 	<ul style="list-style-type: none"> 31 Roast Turkey With Gravy Mashed Sweet Potato Peas Wheat Dinner Roll 	<ul style="list-style-type: none"> 9/1 Breaded Pork Chop With Gravy Broccoli Carrots Wheat Dinner Roll Cherry Pie 	<p>In addition to the lunch entrée stated, 8 oz. of 1% milk is served daily, along with water.</p>



August 2022

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:

Nancy R. 8/10
Ray G. 8/10
Thomas H. 8/14
Ralph L. 8/18

*MTR: Music to Remember

Mon	Tue	Wed	Thu	Fri
1 • Calm Coloring with Music • Cornhole	2 • Trivial • Bowling	3 • Paint with Meg • Move to Music	4 • Ping-Pong Games • Robin Miller on the Piano	5 • International Beer Day • David and Felicia Meyer Perform
8 • International Cat Day • Tony Pedulla Entertains	9 • August Through History • Lunch Outing to Wayside	10 • Trip to the Beauty Shop • Movement with Pam	11 • Flower Craft (TL) • Baseball	12 • Putt-Putt • Rockin' Robin Rocks Out
15 • 10 Second Tune • Tai Chi	16 • Bird House Craft (MH) • Mari McNeil Sings	17 • Can Jam • Michael Hund Sponsored by MTR	18 • Ceramics with Marie • #1 Hits in August 50's-80's	19 TRIP TO THE ERIE COUNTY FAIR
22 • International Lighthouse Day • Cindy Sue and Brian Perform	23 • Pictionary • Soccer (LS)	24 • Word Games • Trip to Cookies and Cream (Ice Cream shop)	25 • Hangman • Woodworking Project	26 • Sunflower Craft (MH) • Movement with Pam
29 • Karaoke • Jeopardy	30 • Participant Council Meeting • Battle of the Sexes	31 • You be the Judge • Will and Debbie sponsored by MTR		

