



### Ideas to Prepare for Winter Weather That Will Make You Merry and Bright!

Winter may pose a number of risks. Reports have shown much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and in many cases, hypothermia.

Keep these tips in mind to help ensure safety and optimum health this winter.

Cold air can make anyone's skin sore and dry, but this is especially true for seniors. To avoid painful cracks and tears, start regularly moisturizing, especially after you shower or wash your hands. It also helps to drink plenty of fluids.

It's always important to stretch and exercise regularly, but especially in the winter. Staying active and flexible during the cold months will improve your circulation and keep you warmer.

Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry, but equally important to remember good nutrition. Food provides the fuel we need to keep warm. Hot food and warm drinks are best to warm the body.

When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to half of all body heat is lost through the head.

To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction. Keep your thermostat set to at least 65 degrees to prevent hypothermia.

Be educated on the signs and symptoms of frostbite and hypothermia. Frostbite usually involves numb, waxy skin that has turned slightly grey, white or yellow. Hypothermia patients may feel confused, dizzy and sluggish, and have an irregular heartbeat, trouble breathing or slurred speech. If you suspect you might be suffering from either of these conditions, seek medical help immediately and keep warm.

Have extra batteries for radios and flashlights.

Dominican Village has generator power in the Amity Center, Founders, MQRP hallways and elevators.



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## Assisted Living

DECEMBER 2018

### Happy Holidays from Reception



T'was the night before Christmas and all thru the Village not a resident was stirring, not even a receptionist.

The resident went home and dreamt of all the beautiful decorations throughout the Village.

The receptionist went home and while falling asleep dreamt of all the tasks she performed during the day.

She answered telephone calls, answered pendant emergency calls, sold books of stamps, sold lounge tickets, made copies, greeted visitors & vendors. She also signed residents up for trips, typed up maintenance requests, ordered meals, took in medicine and then gave the medicine out to the residents. The best part of the day was when a resident needed help in tying her shoe and getting a big thank you hug!

As the receptionist was falling asleep, she heard St. Nick on the roof...

He yelled out "When you're here, you're home"  
And to all a good night!

Happy Holidays to all our residents and their families!

### DOMINICAN VILLAGE BIRTHDAYS

- 1 ~ Jo Ellen Ryan
- 3 ~ Marie Surace
- 5 ~ Lina Prochilo
- 9 ~ Rosario Teseo
- 11 ~ James Fogarty
- 12 ~ Marie Falco
- 15 ~ Anne McCreesh
- 16 ~ Margaret Heidner
- 16 ~ Theresa Vittorio
- 17 ~ Jeanne Stubenrauch
- 17 ~ Philip Hessemer
- 18 ~ Daniel Yulo
- 20 ~ Eleanor Baum
- 23 ~ Leonora Arone
- 25 ~ Lillian Sullivan
- 30 ~ Helen Gallagher







SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
DECEMBER 30		DECEMBER 31		<b>LOCATION KEY</b>				<b>STAFF</b>					
9:00 Mass on TV *R	2EL	9:30 Seatworks *3	1EL	WA - West Activity Room	1EL - East TV Lounge	Sarah 1	Pat 8	Volunteer V	10:15 Sittercise *9	WA	1		
10:00 Bus To Mass *7	AC	10:30 Sittercise *3	WA	2EA - East Activity Room	2CL - Computer Lab	Suzann 2	Diana 9	All Activities A	10:15 Shop: Sunrise/Target *5	AC			
1:00 Greeting Cards *3	2CL	11:00 Dance Class *6	L	L - Lounge	2WD - West Dining Rm 2	Melissa 3	Instructor I		11:00 Word Game *9	2EA			
2:15 Movie: Revolutionary Road *3	MR	12:45 I Got It Card game *3	1EL	MR - Media Room	PD - Private Dining Room	Sister Maureen C 4	Thomas 11		12:15 Shop: Sunrise / Target *7	AC			
2:45 Wii Bowling *3	WA	2:00 Bingo *1	2WD	AC - Amitycenter	Serenity - Serenity	Barry 5	Food Services FS		1:00 Entertainment: Phil Accardi	L			
6:00 Music N Motion *3	1EL	2:15 Watercolor Resist Art *3	1EL	2EL - East TV Lounge	HBH - Helen Butler Hall	Sister Denise 6	Max Motion PT		2:00 Movie: Crazy Rich Asians *9	MR			
7:15 Movie: The Physician *3	MR	3:00 Dialogue with Don *R	MR			John 7	Resident R		3:00 Bingo *9	WA			
		3:45 Familiar Faces Bingo *3	1EL						4:30 Bus to Mass *7	AC			
		6:00 Movie: Going in Style *2	1EL										
		7:00 New Years Eve Party	HBH										
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
9:00 Mass on TV *R	2EL	9:30 Seatworks *3	1EL	9:30 Ridgewood Bank	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *2	1EL	10:00 Bus to Mass *7	AC
10:00 Bus To Mass *7	AC	10:30 Sittercise *3	WA	9:45 Morning Stretch *9	1EL	10:00 Bus To Mass *5	AC	10:00 Bus To Mass *5	AC	11:00 Communion Service *4,6	WA	10:15 Shop: Sunrise/Target *5	AC
1:15 Bean Bag Toss *3	WA	11:00 Dance Class *6	L	10:15 Changes in Our Lives *6	L	10:30 Explore Wild Places *9	1EL	10:30 Sittercise *8	WA	1:00 Stronger Seniors *1	L	10:15 Meditation *I	WA
2:15 Movie: Love Actually *3	MR	11:30 Greeting Cards *3	2CL	10:30 Pack a Suitcase Game *1	1EL	10:30 Sittercise *8	WA	10:30 Theology Class *6	MR	1:00 Music w/Mary *I,	WA	11:00 Word Game *9	2EA
2:30 Pokeno *3	WA	12:30 Pet Therapy with Vera	AC	10:30 Greeting Cards *8,9	2CL	11:00 Dance Class *6	L	12:45 Exercise W/Dee *I	L	2:00 Bingo *11	2WD	12:15 Shop: Sunrise / Target *7	AC
3:30 Musical Bingo *3	2EA	1:00 Holiday Music w/ Debbie *A	L	12:30 Pet Therapy *V	1EL	1:00 Lecture: Nutrition *I	L	1:00 Trip: Trader Joe's	AC	3:00 Picture Painting *2	2WD	1:00 Moe's Shopping Cart	WA
6:00 Music N Motion *3	1EL	2:00 Bingo *1	2WD	2:00 Birthday Party *A	2WD	1:30 Music Therapy *I,3	WA	1:00 Today's Accessories	WA	3:15 Book Club *V	PD	1:00 Hot Dogs and Beer *8,9	L
7:15 Movie: the Boy in the Striped Pajamas *3	MR	3:15 Wii Bowling *3	WA	3:00 Chair Yoga *I	WA	2:00 Bingo *8	2WD	Jewelry	WA	3:30 Rosary *R	WA	2:00 Movie: Grumpy Old Men *9	MR
		6:00 Movie: Miracle on 34th Street	1EL	3:15 Senior to Senior Dinner *5	AC	2:15 Ball Toss *3	WA	2:00 Bingo *8	2WD			2:15 Bingo *8	WD
				3:30 Horseshoeing *3,8	2EA	6:15 Color Your World *3	2EA	7:00 Festival of Lights *2	HBH			4:30 Bus to Mass *7	AC
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
9:00 Mass on TV *R	2EL	9:30 Seatworks *3	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *2	1EL	10:15 Sittercise *9	WA
10:00 Bus To Mass *7	AC	10:30 Sittercise *3	WA	10:15 Changes in Our Lives *6	L	10:00 Bus To Mass *5	AC	10:15 Movie: Mamma Mia *9	1EL	11:00 Communion Service *4,6	WA	10:15 Shop: Sunrise/Target *5	AC
1:15 Bean Bag Toss *3	WA	11:00 Dance Class *6	L	11:00 Christmas Carolers *A	AC	10:30 Sittercise *8	WA	12:30 Tour of the Motherhouse *11	AC	1:00 Caroling w/ TD Bank	2WD	11:00 Word Game *9	2EA
2:15 Movie: Christmas in Connecticut *3	MR	11:00 Trivia *2	MR	12:30 Pet Therapy *V	1EL	10:30 Trivia *9	1EL	12:45 Exercise W/Dee *I	L	3:15 Music w/Debbie *I,	1EL	12:15 Shop: Sunrise / Target *7	AC
2:30 Pokeno *3	WA	12:30 Coffee Klatsch *A	L	1:30 Stronger Seniors *3	WA	11:00 Dance Class *6	L	1:30 Food Demo *A	WD	3:30 Rosary *R	WA	1:30 Crafts with Girl Scouts *9	L
3:30 Musical Bingo *3	2EA	2:00 Bingo *2	2WD	2:00 Resident Meeting *1	2ED	1:00 Bible Study *V	MR	2:15 Bingo *8	2WD			2:00 Movie: Miracle on 34th Street *9	MR
7:15 Bingo *3	WA	3:00 Dialogue with Don *R	MR	2:00 Reconciliation Service *6	WA	1:30 Music Therapy *I,3	WA	3:00 Crafts *2,9	2EA			4:30 Bus to Mass *7	AC
7:15 Movie: Shop Around The Corner *3	MR	3:15 Wii Bowling *3	WA	3:00 Christmas Carolers *A	AC	2:00 Bingo *8	2WD	3:30 Word Game *8	1EL				
		6:00 Movie: Irving Berlin's White Christmas *2	1EL	6:30 Jones Beach Lights *11	AC	2:15 Sing Along *3,9	WA	6:45 Neighborhood Lights *2	AC				
				7:00 Bingo *3	WA	7:00 Girl Scouts Caroling *1,3	AC						
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
9:00 Mass on TV *R	2EL	9:30 Seatworks *3	1EL	9:30 Ridgewood Bank	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *2	1EL	10:15 Sittercise *9	WA
10:00 Bus To Mass *7	AC	10:30 Sittercise *3	WA	9:45 Morning Stretch *9	1EL	10:00 Bus To Mass *5	AC	10:00 Tender Touch *I	WA	11:00 Communion Service *4,6	WA	10:15 Shop: Sunrise/Target *5	AC
12:30 Trip: Silver Chords - Holiday Stories *2	WA	11:00 Dance Class *6	L	10:00 Jewelry Vendor *1	WA	10:30 Sittercise *8	WA	10:30 Theology Class *6	MR	1:00 Move Your Body *9	WA	11:00 Word Game *9	2EA
1:15 Bean Bag Toss *3	WA	11:30 Greeting Cards *3	2CL	10:15 Changes in Our Lives *6	L	10:30 Our Beautiful World *9	1EL	10:30 Music *9	1EL	1:30 New Years Eve Sign Up	L	12:15 Shop: Sunrise / Target *7	AC
2:15 Movie: Irving Berlin's Holiday Inn *3	MR	11:45 Trip: Holiday Performance	AC	10:30 Pack a Suitcase Game	1EL	11:00 Dance Class *6	L	12:45 Exercise W/Dee *I	L	2:00 Inspired Blessings	WA	1:00 Entertainment: Wishing Stars	L
2:30 Pokeno *3	WA	Massapequa HS *2	WA	12:30 Pet Therapy *V	1EL	11:00 Trip: Nutcracker Ballet *2	AC	1:30 Red Hats *A	WD	Presentation *1		1:00 Moe's Shopping Cart	WA
3:30 Musical Bingo *3	2EA	1:00 Stronger Seniors *3	WA	1:00 Activity Meeting *1	PD	1:00 Bible Study *V	MR	2:30 Bingo *8	WA	3:15 Music w/Mary *I,	1EL	2:00 Movie: It's a Wonderful Life *9	MR
6:00 Music N Motion *3	1EL	2:00 Bingo *1	2WD	2:00 Egg Nog Social *A	L	1:30 Music Therapy *I,3	WA	3:00 Crafts *2,9	2EA	3:30 Rosary *R	WA	4:30 Bus to Mass *7	AC
		3:15 Piano w/ Sister Emily *A	AC	3:00 Chair Yoga *I	MR	2:00 Bingo *8	2WD	3:30 Word Game *8	1EL				
		6:00 Movie: Holiday Inn	1EL	3:30 Horseshoeing *3,8	2EA	2:15 Sing Along *3,9	WA	6:45 Game Night *2	2EA				
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
9:00 Mass on TV *R	2EL	9:30 Seatworks *3	1EL	10:00 Bus to Christmas Mass *7	AC	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *9	1EL	9:45 Morning Stretch *2	1EL	10:15 Sittercise *9	WA
10:00 Bus To Mass *7	AC	10:30 Sittercise *3	WA	10:15 Changes in Our Lives *6	L	10:00 Bus To Mass *5	AC	10:00 Tender Touch *I	WA	11:00 Communion Service *4,6	WA	10:15 Shop: Sunrise/Target *5	AC
1:15 Trip: Playhouse-Christmas Story *2	AC	11:00 Dance Class *6	L	12:45 Christmas Sing-a-Long *3	WA	10:30 Trivia *9	1EL	10:30 Theology Class *6	MR	1:00 Fast Food *2	AC	11:00 Word Game *9	2EA
1:15 Ball Toss *3	WA	11:00 Trivia *1	MR	1:45 Hot Cocoa & Cookies *3	WA	10:30 Sittercise *8	WA	10:30 Music *9	1EL	1:00 Current Events *9	MR	12:15 Shop: Sunrise / Target *7	AC
2:15 Movie: Irving Berlin's White Christmas *3	MR	11:30 Greeting Cards *3	2CL	5:45 Yuletide Songs, Sips & Sweets *3	WA	11:00 Dance Class *6	L	12:45 Exercise W/Dee *I	L	2:00 Bingo *1	2WD	1:00 Entertainment: Chimenti Productions	L
2:30 Pokeno *3	WA	1:00 Stronger Seniors *3	WA			1:00 Bible Study *V	MR	1:00 Trip to Kohls	AC	2:00 Music w/Mary *I,	WA	2:00 Movie: Life of Pi *9	MR
3:30 Musical Bingo *3	2EA	2:00 Bingo *1	2WD			1:30 Music Therapy *I,3	WA	2:00 Bingo *9	2WD	3:00 Picture Painting *2,9	2EA	4:30 Bus to Mass *7	AC
6:45 Bingo *3	WA	3:15 Wii Bowling *3	WA			2:00 Bingo *8	2WD	3:00 Crafts *2,9	2EA	3:30 Rosary *R	WA		
		6:00 Movie: It's a Wonderful Life	1EL			2:15 Sing Along *3,9	WA	3:30 Word Game *1	1EL				
						3:00 Divine Mercy Chaplet *R	WA	6:45 Game Night *2	2EA				

Events require sign-up at Reception. For questions regarding activities, please call Sarah at 631-842-6167