



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.



565 Albany Ave
Amityville, NY 11701
631.842.6091



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

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