



October 2011

October Events At a Glance

Monday 10/10/11 ☆

11:15 – Lunch Out at
Canal Walk Café

Monday 10/24/11 ☆

11:15 – Lunch Out at Chili's

Monday 10/31/11

3:00 – Halloween Party

TRICK OR TREAT

October is such a beautiful month in Central New York. All month long we can enjoy the bright yellows, oranges, and reds that Mother Nature sends our way. The colors of the trees definitely make our scenic rides a treat each week. We have all month to look forward to Halloween and think up a great costume to wear to the Park Terrace Halloween Party. Now that the weather is getting colder and a little more unpredictable our trips outside the building will be fewer. We will still have scenic rides and shopping trips and lunches out...this month we will be going to the Canal Walk Café and Chili's. Inside, Park Terrace will still have lots of activities to keep us all busy and having fun. Please join us for activities...the more the merrier!

☆ **Attention Residents:** Please sign up for these events in advance so we can be prepared to accommodate everyone who would like to be involved. On the outings, there is limited space, so it will be first come, first served. Residents are responsible for paying for themselves if there is a cost involved.

Park Terrace Memory Book

A Park Terrace resident, Sue Williamson, came up with the great idea to have a memory book for the Park Terrace residents to write down memories in to share with other residents. Sue wrote her memory in this book and it is available for other residents to write in. This might be a fun thing for families to help their family member pick a happy memory or story to share. The book can be found (when not in use) behind the reception desk. Please feel free to share a story. What a wonderful collection we will have once this is filled up!

Park Terrace Halloween Party

When: Halloween...Monday, Oct 31, 2011

Time: 3:00 pm

Where: The Main Dining Room

Come for games, treats, snacks, and fun!

We LOVE costumes.

Residents who come in costume will receive a door prize!

To all Families and Guest, Monthly Reminder

As a courtesy to our staff, we need everyone entering and leaving the building to use the front entrance and to sign in and out at the front desk. Also, if you are taking a resident out of the building please sign them out at the front desk as well. You will find two books: one is for residents and one is for visitors. Please understand that our staff refers to these books frequently for meals, medicine, safety, and security concerns. Also, please make sure that a member of the staff knows you are taking a resident out and let them know when you return. Thank you in advance for our cooperation.

Thank You

Park Terrace would like to say thank you to all of the people that donated to Park Terrace this month. Thank you to Jennie Bielski, Rosalie O'Leary, Marie McGrath, Lee Bond, Dick Christopher, Marti Ours, Marian Britton, and Carole Kametz. Your generosity is truly appreciated by our residents. We would also like to offer out a special thank you to our Special Guest Bingo Callers – Fred Gooden, Dee Iozzia, Gail Travers, Dick Christopher, and Cindy Smith. It was truly a treat for our residents and they thoroughly enjoyed it! Thank you so much.

Our Newsletter is Online!

Please visit our website.

www.parkterraceatradisson.com to read the current and future newsletters and see the activities calendar!

If you do not have internet access, please contact Erin at 638-9207 to arrange to have a copy mailed to you each month!

MEMORY CARE NEWS

The Memory Care Neighborhood has been a fun place to be this month! Our residents have been busy taking trips outside the building...scenic rides,

lunches out and even the trip to Abbott's Apple Farm. Many of our residents joined the rest of the building in celebrating the start of SU Football at the Tail Gate Party we hosted. All those cheers are surely what brought us to victory! The residents have been busy making fall collages...boy do they

love picking out pictures for the collage. Our wonderful staff decorated for Halloween and the residents just loved seeing the decorations being put out. In addition our residents have been busy playing word games, puzzles, dominoes and lots of other games. We would like to say a special thank you to Sue Coffey for bringing in delicious oatmeal raisin cookies for our staff. What a treat! Our Memory Care Neighborhood is a really special place to be and that is because we have such wonderful residents and family members.

Wii Bowling Tournament Scores

- 1st Place - Maria Galluzzo & Marian Britton
Cumulative score - 1589
- 2nd Place - June Brown & Ernestine Parry
Cumulative score - 1577
- 3rd Place - Anita Price & Nora Clarke
Cumulative score - 1526
- 4th Place - Gail Cole & Eleanor Hoyt
Cumulative score - 1465
- 5th Place - Barbara Hardie & Dick Simone
Cumulative score - 1443

Best Individual Game Score
June Brown - 192

Best Team Score
Gail Cole & Eleanor Hoyt - 345

All our players did a great job!

From the Desk of...

Jennifer Zacharek, Administrator

With fall upon us, it's unfortunately time to start thinking about cooler weather and sweater season. That means rotating our wardrobes from spring/summer to fall/winter.

One helpful project that we encourage residents and families and friends to do (when they are visiting), is assist residents with rotating wardrobes. In the process, it is helpful to reduce clutter in your apartment by discarding/donating clothing items that no longer fit, and eliminating piles, boxes, bags, and other miscellaneous items that may be a trip of fire hazard.

Many people, myself included, tend to save more "stuff" than we need to...which can become a safety hazard. Using plastic under bed storage boxes and dresser drawers or even bookshelves is encouraged to keep items off the floor. In addition, cleaning up and reducing clutter, not only helps with safety, it also gives you the opportunity to figure out what you may or may not be in need of. With the holidays coming up quickly, family members are often asking staff what our residents need and this organizing process helps you figure out that answer!

A reminder to our residents and family members, the items that Park Terrace provides, and the suggested items you are responsible to provide yourself, are listed in the Resident Manual – given to you upon move in.

Recently a number of our residents have been in need of personal items such as: tissues, liquid hand soap, and body wash. Please note that Park Terrace does not supply residents with those items and they make wonderful holiday gifts!

Lastly, we routinely complete rounds in the building and your rooms to assure the safety of all of our residents, staff, and guests. If you need assistance with organizing, or are uncertain as to what items are or are not provided, please do not hesitate to ask. We will be happy to answer those questions or schedule time to help.

**Thank You,
Jennifer**

LOOKING BACK...

...AT SEPTEMBER

September was a beautiful month, with a big mix of fall weather. There were some warm and sunny days for sure, but also some really chilly days. Park Terrace was full of activity though. Park Terrace had a tail gate party to kick off the beginning of the month and the start of SU Football Season. It was a really fun party, made even better by the first of many victories by the team. We visited two great restaurants for our lunch out. The first was Nestico's. Everyone had some really great Italian food and nobody walked away hungry that day! Later in the month we went to Uno's. The food there was delicious, especially the soup bar! The best part of the month had to be Park Terrace's Celebration of National Assisted Living Week. Every day there were extra activities, including Guest Bingo Callers every day, volleyball in the living room, a scavenger hunt, and lots of Wii Bowling. A fun time was had by all!

October Birthdays

HAPPY BIRTHDAY TO YOU!

10/03 Lucy Frenk

10/07 Connie Picciotto

10/08 Gail Cole

10/12 Frances Alano

10/22 Judy Muccigrosso

10/22 Sally Peck



On Thursday, October 20th, at 3:30 we will be celebrating all of the October Birthdays with a birthday snack.

ALL ARE WELCOME!

PLEASE JOIN US!