



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



DECEMBER 2018

Independent Living

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!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>DECEMBER 30</p> <p>9:00 Mass on TV AC</p> <p>10:00 Bus to Mass *7 AC</p> <p>1:00 Greeting Cards *3 2CL</p> <p>2:15 Movie: Revolutionary Road *3 MR</p> <p>2:45 Wii Bowling *3 AC</p> <p>7:15 Movie: The Physician *3 WA</p>	<p>DECEMBER 31</p> <p>10:30 Sittercise *3 WA</p> <p>11:00 Dance Class *6 L</p> <p>2:00 Bingo *1 2WD</p> <p>3:00 Dialogue w/ Don *R MR</p> <p>7:00 New Years Eve Party</p>	<p>LOCATION KEY</p> <p>WA - West Activity Room 2WD - West Dining Rm 2</p> <p>2EA - East Activity Room PD - Private Dining Room</p> <p>L - Lounge 1EL - East TV Lounge</p> <p>MR - Media Room Serenity - Serenity</p> <p>AC - Amitycenter HBH - Helen Butler Hall</p> <p>2CL - Computer Lab WD - West Dining Room</p>		<p>STAFF</p>			<p>1</p> <p>10:15 Sittercise *9 WA</p> <p>10:15 Shop: Sunrise/Target *5 AC</p> <p>11:00 Word Game *9 2EA</p> <p>12:15 Shop: Sunrise / Target *7 AC</p> <p>1:00 Entertainment: Phil Accardi L</p> <p>2:00 Movie: Crazy Rich Asians *9 MR</p> <p>3:00 Bingo *9 WA</p> <p>4:30 Bus to Mass *7 AC</p>
<p>2</p> <p>9:00 Mass on TV AC</p> <p>10:00 Bus to Mass *7 AC</p> <p>1:15 Bean Bag Toss *3 WA</p> <p>2:15 Movie: Love Actually *3 MR</p> <p>2:30 Pokeno *3 WA</p> <p>3:30 Musical Bingo *3 2EA</p> <p>7:15 Movie: The Boy in the Striped Pajamas *3 MR</p>	<p>3</p> <p>10:30 Sittercise *3 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:30 Greeting Cards *3 2CL</p> <p>12:30 Pet Therapy with Vera AC</p> <p>1:00 Holiday Music with Debbie *A L</p> <p>2:00 Bingo *1 2WD</p> <p>3:00 Dialogue w/ Don *R MR</p> <p>3:15 Wii Bowling *3 WA</p> <p>3:30 Hanukkah Service *6 PD</p>	<p>4</p> <p>9:30 Ridgewood Bank 1EL</p> <p>10:15 Changes in Our Lives *6 L</p> <p>10:30 Greeting Cards *8,9 2CL</p> <p>12:30 Pet Therapy *V 1EL</p> <p>2:00 Birthday Party *A 2WD</p> <p>3:00 Chair Yoga *I WA</p> <p>3:15 Senior to Senior Dinner *5 AC</p> <p>3:30 Horseracing *3,8 2EA</p> <p>7:00 Bingo *3 WA</p>	<p>5</p> <p>10:00 Needlework Group *R 2WD</p> <p>10:00 Bus To Mass *5 AC</p> <p>10:30 Sittercise *8 WA</p> <p>11:00 Dance Class *6 L</p> <p>1:00 Lecture: Nutrition *I L</p> <p>2:00 Bingo *8 2WD</p> <p>3:00 Divine Mercy Chaplet *R WA</p> <p>6:00 Book Club Movie *1 MR</p> <p>6:15 Color Your World *3 2EA</p>	<p>6</p> <p>9:45 Greeting Cards *8 2CL</p> <p>10:00 Tender Touch *I Serenity</p> <p>10:30 Theology Class *6 MR</p> <p>12:45 Exercise W/Dee *I L</p> <p>1:00 Trip: Trader Joe's AC</p> <p>1:00 Today's Accessories Jewelry WA</p> <p>2:00 Bingo *8 2WD</p> <p>7:00 Festival of Lights *2 HBH</p>	<p>7</p> <p>11:00 Communion Service *4,6 WA</p> <p>1:00 Stronger Seniors *1 L</p> <p>1:00 Trip to Hobby Lobby *II AC</p> <p>2:00 Bingo *11 2WD</p> <p>3:00 Picture Painting *2 2EA</p> <p>3:30 Rosary *R WA</p>	<p>8</p> <p>10:00 Bus to Mass *7 AC</p> <p>10:15 Shop: Sunrise/Target *5 AC</p> <p>10:15 Meditation *I WA</p> <p>11:00 Word Game *9 2EA</p> <p>12:15 Shop: Sunrise / Target *7 AC</p> <p>1:00 Moe's Shopping Cart WA</p> <p>1:00 Hot Dogs and Beer *8,9 L</p> <p>2:00 Movie: Grumpy Old Men *9 MR</p> <p>2:15 Bingo *8 WD</p> <p>4:30 Bus to Mass *7 AC</p>	
<p>9</p> <p>9:00 Mass on TV AC</p> <p>10:00 Bus to Mass *7 AC</p> <p>1:15 Bean Bag Toss *3 WA</p> <p>2:15 Movie: Christmas in Connecticut MR</p> <p>2:30 Pokeno *3 WA</p> <p>3:30 Musical Bingo *3 WA</p> <p>6:45 Bingo *3 MR</p> <p>7:15 Movie: Shop Around The Corner *3 MR</p>	<p>10</p> <p>10:30 Sittercise *3 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:00 Trivia *2 MR</p> <p>12:30 Coffee Klatsch *A L</p> <p>2:00 Bingo *2 2WD</p> <p>3:00 Dialogue w/ Don *R MR</p> <p>3:15 Wii Bowling *3 WA</p> <p>6:30 Paint Night w/Lisa *I L</p>	<p>11</p> <p>10:15 Changes in Our Lives *6 L</p> <p>11:00 Christmas Carolers *A AC</p> <p>12:30 Pet Therapy *V 1EL</p> <p>1:30 Stronger Seniors *3 WA</p> <p>2:00 Reconciliation Service *6 WA</p> <p>3:00 Christmas Carolers *A AC</p> <p>6:30 Jones Beach Lights *11 AC</p> <p>7:00 Bingo *3 WA</p>	<p>12</p> <p>10:00 Needlework Group *R 2WD</p> <p>10:00 Bus To Mass *5 AC</p> <p>10:30 Sittercise *8 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:00 Trip to Movies *2 AC</p> <p>1:00 Bible Study *V MR</p> <p>2:00 Bingo *8 2WD</p> <p>2:15 Sing Along *3,9 WA</p> <p>3:00 Divine Mercy Chaplet *R WA</p> <p>7:00 Girl Scouts Caroling *1,3 AC</p>	<p>13</p> <p>12:30 Trip: Tour of the Motherhouse *11 AC</p> <p>12:45 Exercise W/Dee *I L</p> <p>1:00 Christmas Tree Shop *II AC</p> <p>1:30 Food Demo *A WD</p> <p>2:15 Bingo *8 2WD</p> <p>3:00 Crafts *2,9 2EA</p> <p>6:45 Neighborhood Lights *2 AC</p>	<p>14</p> <p>11:00 Communion Service *4,6 WA</p> <p>1:00 Caroling w/ TD Bank 2WD</p> <p>3:15 Book Writing w/Tara *1 2EA</p> <p>3:30 Rosary *R WA</p>	<p>15</p> <p>10:15 Sittercise *9 WA</p> <p>10:15 Shop: Sunrise/Target *5 AC</p> <p>11:00 Word Game *9 2EA</p> <p>12:15 Shop: Sunrise / Target *7 AC</p> <p>1:30 Crafts with Girl Scouts *9 L</p> <p>2:00 Movie: Miracle on 34th Street *9 MR</p> <p>4:30 Bus to Mass *7 AC</p>	
<p>16</p> <p>9:00 Mass on TV AC</p> <p>10:00 Bus to Mass *7 AC</p> <p>12:30 Trip: Silver Chords - Holiday Stories *2</p> <p>1:15 Bean Bag Toss *3 WA</p> <p>2:15 Movie: Irving Berlin's Holiday Inn *3 MR</p> <p>2:30 Pokeno *3 WA</p> <p>3:30 Musical Bingo *3 2EA</p> <p>7:15 Movie: Andre Rieu MR</p>	<p>17</p> <p>10:30 Sittercise *3 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:30 Greeting Cards *3 2CL</p> <p>11:45 Trip: Holiday Performance Massapequa HS *2 AC</p> <p>1:00 Stronger Seniors *3 WA</p> <p>2:00 Bingo *1 2WD</p> <p>3:00 Dialogue w/ Don *R MR</p> <p>3:15 Piano w/ Sister Emily *A AC</p>	<p>18</p> <p>9:30 Ridgewood Bank 1EL</p> <p>10:00 Jewelry Vendor *1 WA</p> <p>10:15 Changes in Our Lives *6 L</p> <p>12:30 Pet Therapy *V 1EL</p> <p>2:00 Egg Nog Social *A L</p> <p>3:00 Chair Yoga *I MR</p> <p>3:30 Horseracing *3,8 2EA</p> <p>7:00 Bingo *3 WA</p>	<p>19</p> <p>10:00 Needlework Group *R 2WD</p> <p>10:00 Bus To Mass *5 AC</p> <p>10:30 Sittercise *8 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:00 Trip: Nutcracker Ballet *2 AC</p> <p>1:00 Bible Study *V MR</p> <p>2:00 Bingo *8 2WD</p> <p>2:15 Sing Along *3,9 WA</p> <p>3:00 Divine Mercy Chaplet *R WA</p> <p>6:15 Color Your World *3 2EA</p>	<p>20</p> <p>9:00 Trip to Casino * II AC</p> <p>10:00 Tender Touch *I WA</p> <p>10:30 Theology Class *6 MR</p> <p>12:45 Exercise W/Dee *I L</p> <p>1:30 Red Hats *A WD</p> <p>2:30 Bingo *8 WA</p> <p>3:00 Crafts *2,9 2EA</p> <p>6:45 Game Night *2 2EA</p>	<p>21</p> <p>11:00 Communion Service *4,6 WA</p> <p>1:00 Move Your Body *9 WA</p> <p>1:00 Trip to Hicks Nursery *7 AC</p> <p>1:30 New Years Eve Sign Up L</p> <p>2:00 Inspired Blessings Presentation *1 WA</p> <p>3:00 Picture Painting 2,9 2EA</p> <p>3:15 Book Club *V PD</p> <p>3:30 Rosary *R WA</p>	<p>22</p> <p>10:15 Sittercise *9 WA</p> <p>10:15 Shop: Sunrise/Target *5 AC</p> <p>11:00 Word Game *9 2EA</p> <p>12:15 Shop: Sunrise / Target *7 AC</p> <p>1:00 Entertainment: Wishing Stars L</p> <p>1:00 Moe's Shopping Cart WA</p> <p>2:00 Movie: It's a Wonderful Life *9 MR</p> <p>4:30 Bus to Mass *7 AC</p>	
<p>23</p> <p>9:00 Mass on TV AC</p> <p>10:00 Bus to Mass *7 AC</p> <p>1:15 Trip: Playhouse- Christmas Story *2 AC</p> <p>2:15 Movie: Irving Berlin's White Christmas *3 MR</p> <p>2:30 Pokeno *3 WA</p> <p>3:30 Musical Bingo *3 2EA</p> <p>6:45 Bingo *3 WA</p> <p>7:15 Movie: Silent Night *3 MR</p>	<p>Christmas Eve 24</p> <p>10:30 Sittercise *3 WA</p> <p>11:00 Dance Class *6 L</p> <p>11:00 Trivia *1 MR</p> <p>11:30 Greeting Cards *3 2CL</p> <p>1:00 Stronger Seniors *3 WA</p> <p>2:00 Bingo *1 2WD</p> <p>3:00 Dialogue w/ Don *R MR</p> <p>3:15 Wii Bowling *3 WA</p>	<p>Christmas Day 25</p> <p>10:00 Bus to Christmas Mass *7 AC</p> <p>10:15 Changes in Our Lives *6 L</p> <p>12:45 Christmas Sing-a-Long *3 WA</p> <p>1:45 Hot Cocoa & Cookies *3 WA</p> <p>5:45 Yuletide Songs, Sips & Sweets *3 WA</p>	<p>26</p> <p>10:00 Needlework Group *R 2WD</p> <p>10:00 Bus To Mass *5 AC</p> <p>10:30 Sittercise *8 WA</p> <p>11:00 Dance Class *6 L</p> <p>1:00 Bible Study *V MR</p> <p>2:00 Bingo *8 2WD</p> <p>2:15 Sing Along *3,9 WA</p> <p>3:00 Divine Mercy Chaplet *R WA</p> <p>6:15 Color Your World *3 2EA</p>	<p>27</p> <p>10:00 Tender Touch *I WA</p> <p>10:30 Theology Class *6 MR</p> <p>12:45 Exercise W/Dee *I L</p> <p>1:00 Trip to Kohl's * AC</p> <p>2:00 Bingo *9 2WD</p> <p>3:00 Crafts *2,9 2EA</p> <p>6:45 Game Night *2 2EA</p>	<p>28</p> <p>11:00 Communion Service *4,6 WA</p> <p>1:00 Current Events *9 MR</p> <p>1:00 Trip to Stew Leonard's *II AC</p> <p>2:00 Bingo *1 2WD</p> <p>3:00 Picture Painting *2,9 2EA</p> <p>3:30 Rosary *R WA</p>	<p>29</p> <p>10:15 Sittercise *9 WA</p> <p>10:15 Shop: Sunrise/Target *5 AC</p> <p>11:00 Word Game *9 2EA</p> <p>12:15 Shop: Sunrise / Target *7 AC</p> <p>1:00 Entertainment: Chimenti Productions L</p> <p>2:00 Movie: Life of Pi *9 MR</p> <p>4:30 Bus to Mass *7 AC</p>	

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