

**A few special Activity Department programs this month:**

- Join us for entertainment by Sax Man Slim at 2:30 p.m. on Thursday, February 2.
- On Saturday, February 4 at 2:30 p.m. the Zion Church of Christ Bell Choir will entertain us.
- On Sunday, February 5 at 6:15 p.m. join us for a Super Bowl Party for residents and their families in the Rooftop Café. See the back of this newsletter for more details.
- Join us for a special Valentine's Day Party at 2:30 p.m. on Monday, February 13.
- Don't forget to RSVP by February 8 for the special Couples Sweetheart Dinner being held on the 13th at 5:00 p.m.
- We'll celebrate February birthdays with entertainment by Nandor at 2:00 p.m. on Thursday, February 16.
- Don't miss our Mardi Gras celebration with entertainer Ron Zydeco at 2:30 p.m. on Tuesday, February 21.

Many more events are scheduled for February. Check the Activities Calendar in the Sparkler, or visit the Family & Friends section on [www.schofieldcare.org](http://www.schofieldcare.org)

**Questions, Suggestions or Concerns?**

Contact the Administrator at 716-874-1566, ext. 311.

# Family Focus

## Beauty Shop Extreme Makeover & Sprinkler Update

The Beauty Shop is looking a bit tired, so it's time for a makeover! The project to renovate our Beauty Shop will begin on Friday, February 3. The room will be totally redone, which means that we will not have a beauty shop for at least a week.

If all goes on schedule, the Shop should re-open with a new look on



Monday, February 13. We thank everyone for their patience during the remodel!

The project to install a sprinkler system throughout the facility began on Monday, January 23. The workers started in the service corridor. We'll keep you updated as the project moves into resident areas.

## Join Us for Powerful Tools for Caregivers Class

It is well known that caring for a family member with a chronic illness such as Parkinson's disease, Alzheimer's disease or stroke is stressful and takes an enormous emotional toll on caregivers. *Powerful Tools for Caregivers* is an educational series designed to provide family caregivers, including those whose loved one is in a care facility, with the tools they need to take care of themselves.

*Powerful Tools for Caregivers* will be held at Schofield Residence from 10:00 a.m. to 12:30 p.m. on March 1 and running every Thursday through April 5, 2012.

In the six 2-1/2 hour classes, family caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communi-

cate their needs to family members and health care and service providers; communicate more effectively in challenging situations; recognize the "messages of their emotions" and how to deal with difficult feelings; and make tough decisions.

Laura Mondello, Schofield's director of community relations & volunteer services, and Mary Nixon, a clinical social worker in private practice, are co-leading the class. There is a \$25 fee for the program; however Independent Health and Blue Cross/Blue Shield will pay this fee for their members.

For more information, or to register, contact: Erie County Department of Senior Services at (716) 858-2177 or e-mail: [caregiver@erie.gov](mailto:caregiver@erie.gov)



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### Getting Ready for Tax Time

New York State allows a partial credit against personal income tax for the amount of the assessment imposed on a residential health care facility and paid directly by an individual.

You would need to claim the credit using New York State form IT-258, *Claim for Nursing Home Assessment Credit*.

We encourage you to discuss this with your tax advisor to determine if you qualify for the credit.

### Superbowl Party Plans

Thanks to Volunteer (and family member) Susan Bruckheimer, a fun Superbowl Party is in the works. The party is set to begin at 6:15 p.m. on Sunday, February 5 in the Rooftop Café. Sue could use a few more family members to help with the party. Also, Sue and the Dietary department are supplying some of the goodies, but families can also help by bringing in store bought snacks and dip that hasn't been opened.

### A Tisket A Tasket

Schofield is looking for donations of medium sized baskets with handles. These are used for Welcome baskets for our new residents. Please drop off donations with the Receptionist. Thanks!



## Ways to Wellness at Schofield

The Schofield Adult Wellness Center is starting its 2012 Wellness Programs in February. Registration is now open. Call 995-3851 for reservations for one or more of the following free programs:

**“Beat the Pack”** on Wednesday, February 1, 2012 at 2:00 p.m. Did you know that it takes the average smoker 8 to 10 attempts before they can quit smoking for good? Join us as we discuss the health benefits of quitting smoking and some tips and ideas for you to try – even if you have tried to quit smoking before. If you are an ex-smoker, feel free to join us and share your experience. You might help someone quit today!

**“Effects of Stroke on Communication & Swallowing”** is set for Wednesday, February 8, 2012 at 1:00 p.m. A stroke is an event that may change our ability to complete everyday activities like walking, talking, eating or thinking. Join us along with a Speech-Language Pathologist for a seminar on how a stroke can affect our communication and swallowing abilities, and how speech therapy can help.

Learn about **“Vegetarianism”** on Wednesday, February 15, 2012 at 7:00 p.m. Dr. Jennifer Williamson will discuss the benefits and pitfalls of the vegetarian diet so that you can get healthy in the New Year! This class will discuss how to properly follow flexitarian, lacto-ovo vegetarian and vegan diets for greatest wellness. Recipes included.

**“Hearing Loss & Dizziness: What Do They Have in Common?”** on Wednesday, February 22, 2012 at 1:00 p.m. Salvatore Gruttadauria, Doctor of Audiology, will help you to understand the causes of hearing loss and dizziness and how they relate to balance problems. Most importantly, learn how these problems can be helped. Dr. Gruttadauria will provide information on hearing aids, vestibular rehabilitation, and information on other hearing devices.

**“Healing for Wholeness with Reflexology”** takes place on Wednesday, February 29, 2012 at 11:00 a.m. Reflexology is a healing art that requires the application of pressure on particular areas of the feet and hands to restore the flow of energy throughout the entire body. Come learn more about what Reflexology is, how it works, and what it can do for your health.

### Notes & News

- We recently added a photo of Deborah Hartman, CNA to Schofield's Wall of Honor, located outside of the Beauty Shop. Debbie has worked at Schofield since October 1996, making her one of the individuals who have worked for Schofield for over 25 years! Join us in congratulating Debbie and thanking her for many years of dedicated service.
- Our Volunteer department is looking for a “librarian” to organize the resident library one to two times per month. The volunteer would discard worn books and magazines and display new reading material. Contact Mary Lou Tarquini de la Plante if you are interested in helping. She can be reached at 874-1566, ext. 324.

