

FEBRUARY 2018

Office Information:

Robin Gaige	Community Manager
Art Whitaker	Maintenance Technician

Office Hours
 Monday - Friday
 8:30-5:30
 Saturday - by appointment
 Sundays - by appointment

Email: Managercolonial@calamar.com

Office Phone:
 607-654-7906

All rent checks must be made payable to **RM14A Holdings, LLC**. Please include your apt # in the memo line of your check. *Rent is due by the end of the day on the 6th of the month. Avoid a \$50 late charge by paying before the 6th.*

Colonial Square Senior Village

"We come as Strangers, live as Friends"



NEW CHAIR MASSAGE EXPERIENCE COMING!

Colonial Square will welcome Colleen Grillo from The Healing Path in Howard, NY on **Friday, Feb. 2 beginning at noon**. Colleen will be bringing a full massage chair and will be giving soothing therapeutic massages that will make your shoulders, back, neck and arms feel wonderful. Sign up in the lobby for 5, 10, 15 minute sessions or more. Same cost as before: \$5 for 5 minutes and so on.



COME TO THE CONCERT

Richard Pensyl will be here on Tuesday, Feb. 13 at 2 PM for a concert of favorite oldies. Refreshments will be served. Join us and sing along!

VALENTINE'S DAY LUNCHEON

Sign up in the lobby for the Valentine's Day Luncheon on February 14. NOTE: Lunch will begin at 1:00 PM. The event will be catered by Fran's Landing. Cost is \$5 per resident. We will enjoy chicken piccata in a lemon butter garlic sauce, garlic mashed potatoes, hot vegetable, macaroni & cheese, coleslaw, rolls & butter, coffee, tea, lemonade or bottled water. YOU MUST SIGN UP ON THE LOBBY TABLE!

Birthdays



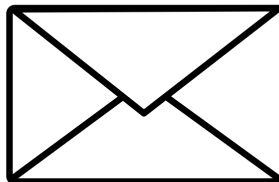
Feb. 1—Joe Coccho Feb. 2—Kathy Robenolt Feb. 10—Brenda Boller
 Feb. 15—Rod Outwait Feb. 16—Hazel Atkinson Feb. 20—Carolyn English
 Feb. 21—Katie Ellison Feb. 22—Martha Copp Feb. 23—Bill Mulhollen
 Feb. 24—Diane Dietrich Feb. 25—Dagmar Emmel

Our Birthday Celebration will be on Wednesday, February 28 at 3:00 PM in the Community Room. Come join your neighbors for cake and coffee.

Potluck

Please join us on Monday, February 12 @ 5:30 pm for our great community meal. Sign up on the lobby table if you plan to attend. Please bring a dish to pass or pay \$5 at the door.

A Small Favor, Please...it would be wonderful if residents would discontinue the practice of putting your rent checks in envelopes. You may think it is an extra safety precaution but in reality it is a pain in the neck. Your rent check is perfectly safe just slipped into the rent box in the office door. The box on the back of the door is locked and only Robin has a key. So, if you can, please eliminate the use of envelopes. Many thanks!



Communion

Just a reminder that Catholic communion is given every Sunday at 11:30 AM in the community room. Eucharistic ministers from All Saints Parish come each week to do this ministry. Please feel free to join the group for this brief time of reflection, prayer and communion.

Referrals

If you refer someone to Colonial Square and they sign a lease, YOU receive \$400 off your rent the following month! Let Robin know if you have someone in mind. Be a Colonial Square Ambassador and get that \$\$\$!

UNO Games

UNO is a fun card game that anyone can play. We are starting a weekly **UNO** session every Saturday beginning February 3 at 2 PM in the community room. Join your neighbors and enjoy your Saturday afternoon!

Scrabble

Strain your brain at the Scrabble Club each **Wednesday** afternoon. Come to the community room at **1:00 PM** and join your neighbors to see who has the best command of the English language!



For Sale

Effective immediately, anyone who has an item that they would like to sell can advertise it in the newsletter. It's just an extra avenue for selling that may get some response. See Robin if you would like to advertise your items.

Coming Up



Friday, Feb. 2: **GO RED DAY** to promote the National Heart Association's work to cure heart disease. Wear red to coffee hour, learn about preventive measures, and take part in the conversation.

Friday, Feb. 2: Chair Massage, community room, Noon.

Saturday, Feb. 3: Canasta at 1 PM. UNO games at 2 PM.

Friday, Feb. 9: The FREE shopping van will depart the lobby at 9:30 AM with stops at Wegmans, Walmart, Aldi's, Tops and the Dollar Tree. Sign up in the lobby. Van is limited to six people.

Tuesday, Feb. 13: - Valentine's Concert with Richard Pensyl. Community Room, 2 PM. Refreshments served.

Wednesday, Feb 14: **Valentine's Day Luncheon by Fran's Landing at 1 PM in the community room. Sign up in the lobby. \$5 per person.**

Monday, Feb. 19: The Activities Committee will meet at 2 PM in the community room. All residents are welcome. We'd like your input on upcoming events and activities.

Friday, Feb. 9: The FREE shopping van will depart the lobby at 9:30 AM. Sign up in the lobby. Van is limited to six people.

Wednesday, Feb. 28: Join us for the monthly birthday party beginning at 3 PM in the community room.

WISH LISTS AND “PLEASE DO THIS” LISTS

Calamar annually asks me for a “wish list” of things I would like to see at Colonial Square. In turn I am asking residents to give me your lists of the following:

- Activities you would like to see happening here.
- Items or things you would like to see in the building. It can be simple, like “better furniture”, or complicated and expensive, like “a plunge pool and a bowling alley”.

I want to make sure we ask Calamar for things that matter to you. No matter how big or small or foolish you may think it sounds, please do give me your wish list. I would love to make things happen for you if I can. Simply call or slip a note in the office door. I’m grateful for your input.

Robin



THINK SPRING! IT'S NOT SO FAR AWAY!

HYPOTHERMIA & OLDER ADULTS—STAYING SAFE IN COLDER WEATHER

With winter's return, the colder temperatures bring some particular risks for older adults and people with chronic conditions. Older adults can lose body heat faster than when they were younger, and changes in their bodies can make it more difficult to be aware of a drop in body temperature. The result can be a dangerous condition called **hypothermia**.

Hypothermia occurs when a person's core body temperature drops to 95 degrees Fahrenheit or lower. Even a small drop in temperature and short exposure to cold weather can develop into hypothermia. Some warning signs of hypothermia include slowed or slurred speech; sleepiness or confusion; shivering or stiffness in the arms and legs; poor control over body movements; slow reactions, or a weak pulse.

Older adults are especially vulnerable to hypothermia because their bodies' response to cold can be diminished by chronic medical conditions and by use of some medicines, including over-the-counter cold remedies. If you suspect hypothermia, or if you observe these symptoms, call 911.

The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice to help older adults prevent this dangerous condition:

- Check with your doctor or pharmacist to see if any prescription or over-the-counter medications you are taking may increase your risk for hypothermia.
- **Make sure your home is warm enough.** Set the thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can lead to hypothermia in older adults.
- To stay warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep your legs and shoulders warm, and wear a hat or cap indoors.
- **When going outside in the cold, it is important to wear a hat, along with a scarf, because a large portion of body heat can be lost through the head. Gloves or mittens can help prevent loss of body heat through your hands. Wear several layers of loose clothing to help trap warm air between the layers.**
- Let someone know when you are going outdoors and carry a fully charged cellphone.

To learn more, go to [Cold Weather Safety for Older Adults](#). Free publications on cold weather safety and other healthy aging topics in English and Spanish are available from the [NIA website](#) or by calling NIA's toll-free number: **1-800-222-2225**.

