

# Total Senior Care participating in veterans card program

*Olean Times Herald staff*

OLEAN — Participants at Total Senior Care are creating cards for recovering veterans and military members through Help Heal Veterans, which provides therapeutic craft kits to hospitalized and homebound veterans.

“These cards will be added to the therapeutic craft kits that Help Heal Veterans sends out to recovering veterans or military members,” said Roxanne Padlo, executive program director for TSC. “Everyone has been enjoying making these and they know they are bringing cheer to those who have served our country.”

The craft kits provided by Heal Vets include a variety of crafts such as leatherwork, jewelry, painting, scrapbooks and more. They are personalized for each veteran depending on their needs, which often improve motor skills and concentration and relieve symptoms of depression or post-traumatic stress disorder.

Total Senior Care, located at 519 N. Union St., is a comprehensive managed long-term care program for adults 55 or older who want to live at home but need assistance to maintain health, complete day-to-day activities and remain safe at home for as long as possible. TSC also offers DayBreak, a social program for adults that provides activities and socialization in a supervised and safe environment.

Total Senior Care has been working alongside Wanita Mikuski from the Franklinville VFW Post #9487 on the veterans card project. Mikuski has donated supplies and even assisted participants with scrapbooking while the VFW has also donated funds.

Mikuski’s connection with Total Senior Care is twofold — she fully supports veterans and is pleased that our TSC participants can be part of this card program.

“As we get older, we feel forgotten and unable to contribute to the community,” she said. “The participants feel purposeful and contributing. They are actually recycling, repurposing and having fun at the same time.”

“It’s really a team effort with staff getting involved and participants from Olean, Wellsville and Gowanda sites being a part of it as well,” said Carmen Wright, activities specialist at TSC. “One participant will color a picture, another might write a message so we are pulling everyone’s strong points together and getting everyone involved to make these cards.”

Cards must have generic messages and cannot be religious. The recommended card size is 5½-by-8½ inches. Total Senior Care will continue creating cards until November when they are mailed to the organization in California.

For more information on Help Heal Veterans, visit [healvets.org](http://healvets.org).

If you or someone you know is interested in learning [more about](#) the services provided by Total Senior Care or would like to schedule a free tour at one of the facilities, call (716) 379-8474 or visit [totalseniorcare.org](http://totalseniorcare.org).

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