

# Focus on Wellness

## Preventing Influenza

As winter rolls around and the weather changes we all need to ensure we take precautions to prevent the flu so we can enjoy our time with family and friends. Symptoms of the flu consist of muscle aches, dry cough, sore throat and a runny or stuffy nose. More serious symptoms like chills, pain in the chest or abdomen, shortness of breath, confusion and abrupt dizziness, diarrhea and coughing up phlegm may require hospitalization.

**Here's some easy steps to staying healthy during the winter season.** Using these small tips will help you and your love ones have a wonderful winter season.

- **Get your flu shot.** Annual immunizations help as a first line of defense in preventing the flu.
- **Wash your hands.** One of the easiest ways to prevent germs and infections is frequently washing your hands. For instances where there is not soap and water, use an alcohol-based sanitizer.
- **Drink plenty of water.** Staying hydrated helps keep your body strong and ready to fight off infections.
- **Get plenty of rest.** Getting adequate sleep (7-9 hours) keeps your immune system strong to fight off germs.
- **Cover your mouth and nose when sneezing or coughing.** This prevents droplets from reaching others, which helps prevent the spread of germs. Best practice is to cough into your elbow and not your hands where you are more likely to spread germs from touching.



# Providence Place SENIOR LIVING News

Q1: February 2020



## Dimensions of Wellness

### Welcome New Residents

John Lambert  
Reuben "Lee" Wadel  
Kay Stake  
Domingo Garcia

### Resident Birthdays

#### February

Lewis Hughes  
Wilbur Barnhart  
Dick Ludwick  
Barbara Britt  
John Lambert  
Betty Witkosky  
Patricia Piper

#### March

Almeta McClain  
Edward Zarger  
Jay Lightfoot  
Charlotte Lowman  
June Doolittle  
Esther Wagner  
Vivian Reilly  
Glenn Schultz  
Sis Fox  
Dean Thomas

### A Note from the Executive Director

It is hard to believe that another year has passed and we are beginning a new decade. When I was a small child, I recall my grandmother (who I affectionately called MawMaw) telling me "wait until you get older and you will see how quickly time flies!"

My grandmother was right about this and so many other things. And so, as the business of the holidays are behind us and we are beginning to set goals or resolutions for a new year, I challenge each of you to reflect on your individual time and how it is spent. Are you doing things that you enjoy? Are you willing to try something new? Is there something on your "bucket list" that you have always wanted to do?

There are many opportunities available during the upcoming weeks and months provided by Providence Place and our Community Life programs. Try something new – you might like it! You never know until you try...

Blessings,

*Holly Townsend*  
Executive Director

### Upcoming Events

#### February

- 6 – Bookmobile at the Loading Dock  
11:30 am
- 11 – Sweetheart's Social (*outside event*)  
5:00 pm
- 14 – Valentine's Day Super Social Hour  
3:00 pm
- 29 – Willy Wonka @ Wilson College  
1:00 pm

#### March

- 9 – Preventing a Terrorist Attack  
Seminar @ 10:00 am
- 17 – Lucky St. Patty's Day Bingo &  
Social Extravaganza  
2:00 pm
- 22 – Chambersburg Capital Theatre Visit  
Nana's Naughty Knickers @ 1:15 pm



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://www.Facebook.com/ProvPlace).



To sign up to receive this quarterly newsletter and monthly events calendar via email. Please contact us to subscribe at [ProvidenceRetirement@gmail.com](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |  |
|--|---|--|--|---|--|---|--|
| <h1>THE Club</h1>  |   | <b>CALENDAR KEY:</b><br>Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Rm (3A),<br>3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR),<br>Connections Neighborhood (CN), Library (L), Private Dining Room (PDR)<br>Out of the Building (OOB)<br>**Registration Required<br>\$\$Cost Involved                    |  |   | <h1>FEBRUARY</h1> <h1>2020</h1>  |   | 1<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Chicken Soup for The Soul (P)<br>1:00 Helping Hands (3A)<br>2:00 Popcorn & Movie Matinee:<br><i>The Sound Of Music</i> (3A)<br>3:00 Coupon Clipping For Vets (3A)<br>3:30 Crossword Puzzles (3A) |
|  |   | 2<br><b>Ground Hog Day</b><br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Ground Hog Day Trivia (P)<br>1:00 Helping Hands (3A)<br>2:00 Musical Entertainment by<br>Bryan Herber (3A)<br>3:00 Polish & Nail Care (3A)<br>6:30 Evening Worship (2A)   | 3<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Armchair Detective (P)<br>1:00 Helping Hands (3A)<br>1:30 Faces & Places (3A)<br>3:00 Drumming Circle with Nancy (CN)<br>3:00 Social Hour (P)                        | 4<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Kitchen Creation:<br>Bread Prepping (C)<br>10:45 Worship Service (2A)<br>1:00 Kitchen Creation:<br>Bread Baking (C)<br>2:30 Literacy for All Ages<br>with Olivia (CN)<br>3:30 iN2L: Armchair Travels (CN) |  |   | 5<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Yoga With Lara (CN)<br>10:30 Morning Meeting (P)<br>1:00 Helping Hands (3A)<br>1:30 Art Class: Pottery (3A)<br>2:30 Jeopardy Game (3A)<br>3:00 Featured Wine 101 (P)  |
| 9<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Finish The Lines (P)<br>1:00 Helping Hands (3A)<br>1:30 Puzzle Club (3A)<br>2:00 Musical Entertainment by<br>Leo DiSanto (CN)<br>3:00 Polish & Nail Care (3A)<br>6:30 Evening Worship (2A) | 10<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Would You Rather Game (P)<br>1:00 Helping Hands (3A)<br>1:30 Valentines Craft (3A)<br>2:30 Friends Helping Friends: iN2L (CN)<br>3:00 Social Hour (P)  | 11<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>1:00 Bible Study (2A)<br>2:30 Literacy for All Ages<br>with Olivia (CN)<br>3:30 iN2L: Hymn Sing-Along (CN)   | 12<br>8:00-9:00 Breakfast Club (P)<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Club Committee Meeting (P)<br>1:00 Helping Hands (3A)<br>1:30 Prize Bingo! (3A)<br>3:00 Tea Talk (P)                                | 13<br>9:00 Walk & Roll Walking Group (3A)<br>9:45 Dance Class With Jess (FL)<br>10:00 Morning Meeting (P)<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>2:00 Musical Entertainment by<br>Tom Schultz (2A)<br>3:00 Memory Magic (3A)   | 14<br><b>Valentines Day</b><br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Finish The Lyrics (P)<br>1:00 Helping Hands (3A)<br>2:00 Musical Entertainment by<br>Rick Olsen (2A)<br>3:00 Super Social Hour:<br>Valentine's Day (P) | 15<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Table Topics Game (P)<br>1:00 Helping Hands (3A)<br>1:30 Musical Entertainment by<br>Gospel Strings (2A)<br>3:00 Coupon Clipping For Vets (3A)<br>3:30 Crossword Puzzles (3A)              |  |
| 16<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Act of Kindness Day History (P)<br>1:00 Helping Hands (3A)<br>1:30 Board Games (3A)<br>3:00 Polish & Nail Care (3A)<br>6:30 Evening Worship (2A)  | 17<br><b>Presidents Day</b><br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Chicken Soup for The Soul (P)<br>1:00 Helping Hands (3A)<br>2:00 Taste Testing:<br>Sauerkraut & Dumplings (P)<br>3:00 Social Hour (P)<br>3:30 President's Day Q&A (P) | 18<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>1:00 Bible Study (2A)<br>2:30 Literacy for All Ages<br>with Olivia (CN)<br>3:30 iN2L: Puzzles & Games (CN)   | 19<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Yoga With Lara (CN)<br>10:30 Morning Meeting<br>11:30 Chefs' Table by Chef Preston (PD)<br>1:00 Helping Hands (3A)<br>2:00 Fireside Chat (2A)<br>3:00 Social Hour (P)<br>3:30 Chef's Pairing (P) | 20<br>9:00 Walk & Roll Walking Group (3A)<br>9:45 Dance Class With Jess (FL)<br>10:00 Morning Meeting<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>1:30 Prize Bingo! (3A)<br>3:00 Musical Entertainment by<br>Jimmy Edwards (CN)   | 21<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Living Unlimited Music<br>by Kelsey (CN)<br>10:30 Morning Meeting (P)<br>1:00 Helping Hands (3A)<br>2:00 Mardi Gras Craft (P)<br>3:00 Social Hour (P)<br>3:30 Table Topics Discussion (P)                    | 22<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Armchair Detective (P)<br>1:00 Helping Hands (3A)<br>2:00 Popcorn & Movie Matinee:<br><i>Singing In The Rain</i> (3A)<br>3:00 Coupon Clipping For Vets (3A)<br>3:30 Crossword Puzzles (3A) |  |
| 23<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Reminisce: Iwo Jima (P)<br>1:00 Helping Hands (3A)<br>1:30 Puzzle Club (3A)<br>3:00 Polish & Nail Care (3A)<br>6:30 Evening Worship (2A)  | 24<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Finish the Words (P)<br>1:00 Helping Hands (3A)<br>2:00 The Story of <i>Sleeping Beauty</i> (CN)<br>3:00 Social Hour (P)   | 25<br><b>Mardi Gras</b><br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>1:00 Bible study (2A)<br>2:00 Literacy For All Ages<br>with Olivia (3A)<br>3:00 Mardi Gras Social Hour (P)<br>6:30 Musical Entertainment by<br>Roy Justice (2A) | 26<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>11:30 Club Lunch-In (P)<br>1:00 Helping Hands (3A)<br>1:30 Prize Bingo! (3A)<br>3:00 Coffee Talk (P)<br>3:30 Jeopardy Game (3A)   | 27<br>9:00 Walk & Roll Walking Group (3A)<br>9:45 Dance Class With Jess (FL)<br>10:00 Morning Meeting (P)<br>10:45 Worship Service (2A)<br>1:00 Helping Hands (3A)<br>2:00 Educational Presentation by<br>Jim Taylor (2A)<br>3:00 Chili Cook Off Judging (C)  | 28<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Table Topics Game (P)<br>1:00 Helping Hands (3A)<br>1:30 Faces & Places (3A)<br>3:00 Social Hour (P)<br>3:30 Table Topics Discussion (P)  | 29<br>9:00 Walk & Roll Walking Group (3A)<br>9:30 Sit & Stretch (3A)<br>10:00 Morning Meeting (P)<br>10:15 Brain Quizzing Trivia (P)<br>1:00 Helping Hands (3A)<br>1:30 Movie With Wanda:<br><i>Footprints</i> (3A)<br>3:00 Coupon Clipping For Vets (3A)<br>3:30 Crossword Puzzles (3A)              |  |