

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

A Note from the Executive Director

I hope everyone was able to enjoy our annual Christmas open house with friends and family! I would like to give a special thanks to all the team members that worked the event and all that prepared all the great food that was served. I hope you and your family enjoyed the evening.

Once again, I would like to give a reminder of the services provided at our campus by our Medical Director, Dr. John Hopkins, from Convenient Care Solutions. If you are interested in his services please see the front desk or nursing supervisor for paperwork. CCS is in house 2-3 days weekly to see residents. CCS is also available 24 hours for tele-med services.

Please keep an eye out for all the exciting events and outings going on here at Providence Place of Dover. Check out our newest activity located in the fitness room- A new Pool Table!

Happy new year to you and your families!

Howard Holben

Executive Director

Upcoming Events

February

- 7 – Strand Theatre Visit @ 4:00 pm
Jazz in the City
- 11 – Bahama Social @ 1:15 pm
Connections Club & Neighborhood
- 14 – Valentine's Candlelight Dinner
4:30 pm
- 25 – Super Happy Hour @ 2:30 pm
70th Flower Power

March

- 8 – Dutch Apple Theatre Visit
Grumpy Old Men @ 4:00 pm
- 23 – Capitol Building Tour
Harrisburg, PA
- 26 – Super Happy Hour @ 2:30 pm
50's Rock N Roll

Welcome New Residents

- Shirley Floyd
- Pat Heffner
- Paul Hoffman
- Peggy Griffin
- Johanna Berwager
- June Whilhide

Resident Birthdays

February

- Anna Mae Myers
- Helen Kerns
- Lucille Long
- Joan Schanck
- Joan Rauhauser
- Velma Dellinger
- Phyllis Green
- Olga Wrzesinski
- Gloria Witmer
- Jean Kauffman
- Charlotte Abel
- Leroy Crone
- Pat Heffner
- Daniel Spangler

March

- Mary Haver
- Sarah Senft
- Rita Shultz
- Thomas Shultz
- Elmer Duttera
- Patricia White
- Helen Glatfelter
- Patrencia Hoshall
- James Strongin
- Faye Breeden
- Eloise Hearn
- Beryl Yost
- Mary Schroeder
- Paul Hoffman



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at 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.



www.Providence-Place.com

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|---|--|---|--|---|
| THE <i>Club</i> | | CALENDAR KEY: Pub (P) Activity Room (AR) Fitness Room (FR) Connections Neighborhood (CN) Chapel (CH) Out of the Building (OOB) East Lounge (EL) Dining Room (DR) | | | <h1>FEBRUARY</h1> <h1>2020</h1> | | 1 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (AR) 10:00 Desserts & Discussion (AR) 1:00 Helping Hands (AR) 2:00 Music (P) 3:00 Club Choice (P) |
| | | 2 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Bible Jingo (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Crafting (AR) | 3 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Finish the song (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures and Game (AR) 3:00 Sing-a-long with the <i>Sonshine Ladies</i> (CN) | 4 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (P) 3:30 Brain Booster (P) | | | 5 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Junk Drawer Detective (EL) 1:00 Helping Hands (AR) 3:00 Sing-a-long with Ruthi (CH) |
| 9 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Name That Tune (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Bingo (AR) | 10 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 LCR Game Time (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures and Game (AR) 3:00 Sing-a-long with the <i>Sonshine Ladies</i> (CN) | 11 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:15 Bahama Social with Friends (CN) 2:30 Happy Hour (P) 3:30 Brain Booster (P) | 12 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Memory Magic (EL) 1:00 Helping Hands (AR) 1:30 Gardening with Sue (AR) | 13 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Club Choice (EL) 1:00 Helping Hands (AR) 1:15 Fun & Music with Friends (CN) 2:30 Happy Hour (P) | 14 9:00 Devotions (CH) 9:30 Exercise (FR) 10:15 Valentine Cards (EL) 1:00 Helping Hands (AR) 1:30 Daily Reading (EL) 3:00 LCR Game (EL) 4:30 Candle Light Dinner (DR) | 15 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (AR) 10:00 Desserts & Discussion (AR) 1:00 Helping Hands (AR) 2:00 Music (P) 3:00 Club Choice (P) | |
| 16 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (AR) 10:00 Daily reading (EL) 10:30 Time Slips (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Categorizing (EL) | 17 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Mix and Match (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures and Game (AR) 3:00 Sing-a-long with the <i>Sonshine Ladies</i> (CN) | 18 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (P) 3:30 Brain Booster (P) | 19 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Luncheon Prep Dessert (EL) 1:00 Helping Hands (AR) 3:00 Sing-a-long with Ruthi or Zumba (Ch) | 20 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 11:30 Club Monthly Luncheon (P) 1:00 Helping Hands (AR) 1:15 Fun & Music with Friends (CN) 2:30 Happy Hour (P) | 21 9:00 Devotions (CH) 9:30 Exercise (AR) 10:15 Chef Demo (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:00 Musical Entertainment with Thomas (P) 3:00 Hangman (P) | 22 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (AR) 10:00 Desserts & Discussion (AR) 1:00 Helping Hands (AR) 1:15 Country Ride with Friends EL) 2:00 Music (P) 3:00 Club Choice (P) | |
| 23 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (FR) 10:00 Daily reading (EL) 10:30 Around the House Jingo (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Wood Building (P) | 24 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Arm Chair Travels: Austria (AR) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures and Game (AR) 3:00 Sing-a-long with the <i>Sonshine Ladies</i> (CN) 4:00 Daily Reading (AR) | 25 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Super Happy Hour (P) 3:30 Brain Booster (P) | 26 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Finish the Phrase (EL) 1:00 Helping Hands (AR) 3:00 Sing-a-long with Ruthi or Zumba (Ch) | 27 9:00 Devotions (CH) 9:30 Exercise (FR) 10:00 Daily Reading (EL) 10:30 Club Choice (EL) 1:00 Helping Hands (AR) 1:15 Fun & Music with Friends (CN) 2:30 Happy Hour (P) | 28 9:00 Devotions (CH) 9:30 Exercise (AR) 10:15 Bingo (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 3:00 Social (P) | 29 9:00 Devotions & Daily Reading (CH) 9:30 Exercise (AR) 10:00 Desserts & Discussion (AR) 1:00 Helping Hands (AR) 2:00 Music (P) 3:00 Club Choice (P) | |