

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	
		Calendar Key: Chapel (CH), Dining Room (DR), Connections Neighborhood (CN) Activity Room (AR), Out of Building (OOB) Pub (P), Sun Room (SR), 100 Hallway Lounge (100 Lounge) **Registration Required \$\$Cost Involved			<h1>February 2020</h1>		1
		9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Kings in the Corner (AR) 2:00 Musical Entertainment by Mick (P) 3:15 Bingo (AR)					
2 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Groundhog Day Trivia (AR) 2:00 Worship Service (CH) 3:00 Crafting: Door Wreaths AR) 5:30 Card Club: 500 (SR) Ground Hog Day	3 8:00 Aquatic Fitness Class: YMCA**\$\$ (OOB) 9:30 Chair Exercise (AR) 10:00 Valentine's Day Hot Cocoa Melts with Grane Hospice Care (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Jingo (AR) 6:15 Venture Crew (AR)	4 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Bingo (AR) 1:30 Kings in the Corner (AR) 2:30 Happy Hour (P) 3:45 Balance Fitness Class (FR) 4:30 Dinner Caravan: Red Lobster**\$\$ (OOB)	5 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Culinary Creations: Pinwheels (AR) 1:30 Kings in the Corner (AR) 3:00 Fresh Flower Arrangements (AR) 3:00 Songs with Ruthi (CH) 6:00 Bingo with Friends (AR)	6 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Kings in the Corner (AR) 2:30 Musical Happy Hour with Dan Martin (P) 2:30 Poker (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with the Bible Baptist Church (CH)	7 9:30 Chair Exercise (AR) 10:15 Chef's Food Demo (AR) 10:15 Market Run: Aldi**\$\$ (OOB) 1:30 Bingo (AR) 3:00 Social Hour: Hot Cider (P) 4:00 Appell Center for the Performing Arts presents <i>Jazz in the City</i> **\$\$ (OOB) 6:00 Widow to Widowers (CH)	8 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Uno (AR) 2:00 Musical Entertainment by Rhonda Lee (P) 5:45 Bingo (AR)	
9 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Crafting: Valentine's Heart (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Club (P)	10 8:00 Aquatic Fitness Class: YMCA**\$\$ (OOB) 9:30 Chair Exercise (AR) 10:15 Educational Presentation by Stephen Shaw presenting <i>My Neighbor's Secret</i> (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Pokeno (AR) 6:15 Venture Crew (AR)	11 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Bingo (AR) 1:30 Yoga by Allison (FR) 1:30 Creatures Great and Small (AR) 2:30 Musical Happy Hour with Leo Reaver (P) 4:30 Men's Club Dinner (AR)	12 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:00 Fresh Flower Arrangements (AR) 10:00 Day Excursion: Agricultural & Industrial Museum of York**\$\$ (OOB) 1:30 Garden Class with Sue (AR) 3:00 Bingo (AR) 6:00 Knit Pickers Group (100 Lounge)	13 9:30 Chair Exercise (AR) 10:00 Valentine's Bingo (AR) 11:00 Therapy Games with Bethany (AR) 1:30 Kings in the Corner (AR) 2:30 Musical Happy Hour with Donna Jean (P) 2:30 Poker (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with the Bible Baptist Church (CH)	14 9:30 Arm Chair Exercise (AR) 10:00 Poker (AR) 10:15 Market Run: Walmart**\$\$ (OOB) 1:30 Bingo: Bayada Home Health (AR) 3:00 Social Hour: Milkshakes (AR) 4:30 Valentine's Dinner (P) Valentines Day	15 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Kings in the Corner (AR) 2:00 Musical Entertainment by Memory Music (P) 3:15 Bingo (AR)	
16 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 1:30 Games (AR) 2:00 Worship Service (AR) 3:00 Musical Entertainment by Bryan Herber (P) 3:00 Crating: Wood Signs (AR) 5:30 Card Club: 500 (SR)	17 8:00 Aquatic Fitness Class: YMCA**\$\$ (OOB) 9:30 Chair Exercise (AR) 10:00 iN2L: Games (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Jingo (AR) 6:15 Venture Crew (AR) Presidents Day	18 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Poker (AR) 11:15 Lunch Caravan: Bob Evans**\$\$ (OOB) 1:30 Kings in the Corner (AR) 2:30 Musical Happy Hour with Michael Carl (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)	19 9:30 Arm Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Fresh Flower Arrangements (AR) 11:00 Trivia (AR) 10:00 Welcome Ambassador Committee (P) 3:00 Chair Aerobics by Brittany (FR) 6:00 Knit Pickers (100 Lounge)	20 9:15 Tour and Tasting: Snyder's of Hanover** (OOB) 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Dominos (AR) 2:30 Musical Happy Hour with Don Wiemayer (P) 6:00 Bible Study with the Bible Baptist Church (CH)	21 9:30 Chair Exercise (AR) 10:00 Chef's Pairing (AR) 10:15 Market Run: Aldi**\$\$ (OOB) 11:00 iN2L: Trivia (AR) 2:00 Musical Entertainment by Thomas Schulz (P) 3:15 Pokeno (AR) 6:00 Movie Night: <i>Roxanne</i> (AR)	22 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Dominos (AR) 2:00 Musical Entertainment by Leo R. (P) 3:15 Table Games (AR) 5:45 Bingo (AR)	
23 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 1:30 Games (AR) 2:00 Worship Service (AR) 3:00 Musical Entertainment by Mike Smith (P) 3:00 Crafting: Tie Dye Shirts (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Club (P)	24 8:00 Aquatic Fitness Class: YMCA**\$\$ (OOB) 9:30 Chair Exercise (AR) 10:15 Arm Chair Travels: Austria (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	25 9:00 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Bingo (AR) 1:00 Styles by Shirley (100 Lounge) 2:30 Super Happy Hour: 70's Flower Power (P) 3:45 Balance Fitness Class (FR) 4:30 Dinner Caravan: Chili's Grill & Bar**\$\$ (OOB) Mardi Gras	26 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Fresh Flower Arrangements (AR) 1:30 Garden Class with Sue (AR) 3:00 Kings in the Corner (AR) 3:00 Chair Aerobics by Brittany (FR) 6:15 Bingo with the Woman of Dover (AR)	27 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Fire Side Chat (AR) 1:30 Kings in the Corner (AR) 2:30 Happy Hour (P) 2:30 Poker (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with the Bible Baptist Church (CH)	28 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Technology & You : Smartphone 101 (AR) 2:00 Dining Committee (AR) 3:00 Social Hour: Hot Cocoa (AR)	29 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Poker (AR) 2:00 Musical Entertainment by Gerald Eister (P) 3:15 Bingo (AR)	