

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: January 2020



Dimensions of Wellness

Community * Spirit * Mind * Physical * Social

Welcome New Residents

Marguerite Senft
Diane Test
Jean Kauffman
Bernice Altland
Betty Gingerich
Jean Kessler
Doris Krug
Claire Papenberg
Gerald Rudisill
Joyce Zepp
Eleanor Sheely
Lottie Berkheimer
Janice Kohler

Resident Birthdays

January

Jean Douglass
Junior Ruppert
Lois Knold
Dennis Henry
Marguerite Narber
Marcia Mascolini
Florence Sharp
Gerald Rudisill

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

March

Mary Haver
Sarah Senft
Rita Shultz
Thomas Shultz
Elmer Duttera
Patricia White
Helen Glatfelter
Patrecia Hoshall
James Strongin
Fairy Danner
Faye Breeden
Eloise Hearn
Beryl Yost
Mary Schroeder

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

January

- 7 – Regal Movie Theatre Trip
“Just Mercy” @ 4:30 pm
- 9 – PA Farm Show Visit @ 10:00 am
- 10 – Chef’s Food Demo @ 10:00 am
- 15 – Dutch Apple Theatre Visit
Sipping Savannah Society @ 10:00 am
- 17 – Chef’s Pairings @ 10:15 am
- 23 – Gettysburg Cyclorama Visit
- 31 – Tour & Tasting
The Vineyard of Hershey

February

- 14 – Valentine’s Candlelight Dinner
4:30 pm

March

- 5 – Dutch Apple Theatre Visit
Grumpy Old Men @ 10:00 am




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	
<p>THE Club</p>  <p>JANUARY 2020</p>			<p>1 New Years Day</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Magazine Hunt 1:00 Helping Hands 1:30 Hames 3:00 New Year's Social</p>	<p>2</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Create A Craft 1:00 Helping Hands 1:30 Fun and Music with Friends 2:30 Happy Hour 6:00 Bible Baptist Hymn Sing</p>	<p>3</p> <p>9:00 Devotions 9:30 Exercise 10:15 Bingo 1:00 Helping Hands 1:30 Daily Reading 2:00 Brain Booster 3:00 Social Hour 6:00 Games in the Sunroom</p>	<p>4</p> <p>9:30 Exercise 10:00 Desserts and Discussion 10:45 Trivia 1:00 Helping Hands 1:30 Daily Reading 2:00 Music 3:15 Bingo</p>	
<p>5</p> <p>9:30 Exercise 10:00 Daily reading 10:30 Trivia: Name That Sound 1:00 Helping Hands 2:00 Worship Service 3:00 Club – Read Round</p>	<p>6</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Trivia: Finish the Phrase 1:00 Helping Hands 1:15 Fit with Friends 1:30 Manicures and Game 3:00 Sing Along with the Sunshine Ladies</p>	<p>7</p> <p>9:00 Devotions 9:30 Exercise 10:00 Praise with the Pastor and Pals 11:00 Chicken Soup Reading 1:00 Helping Hands 1:30 Daily Reading 2:30 Happy Hour 3:30 Cognitive Enhancement</p>	<p>8</p> <p>9:00 Devotions 9:30 exercise 10:00 Daily reading 10:30 Word in a word 1:00 Helping Hands 1:30 Games 3:00 Songs with Ruth</p>	<p>9</p> <p>9:00 devotions 9:30 exercise 10:00 daily reading 10:30 laughter is the best medicine 1:00 helping hands 1:30 fun and music with friends 2:30 happy hour 6:00 Bible Baptist hymn sing</p>	<p>10</p> <p>9:00 Devotions 9:30 Exercise 10:15 Bingo 1:00 Helping Hands 1:30 Daily Reading 2:00 Brain Booster 3:00 Social Hour 6:00 Games in the Sunroom</p>	<p>11</p> <p>9:30 Exercise 10:00 Desserts and Discussion 10:45 Trivia 1:00 Helping Hands 1:30 Daily Reading 2:00 Music 3:15 Bingo</p>	
<p>12</p> <p>9:30 Exercise 10:00 Daily Reading 10:30 Trivia: What Am I? 1:00 Helping Hands 2:00 Worship Service 3:00 Snow Pops</p>	<p>13</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Memory Magic 1:00 Helping Hands 1:15 Fit with Friends 1:30 Manicures and Game 3:00 Sing Along with the Sunshine Ladies</p>	<p>14</p> <p>9:00 Devotions 9:30 Exercise 10:00 Praise with the Pastor and Pals 11:00 Chicken Soup Reading 1:00 Helping Hands 1:30 Daily Reading 2:30 Happy Hour 3:30 Cognitive Enhancement</p>	<p>15</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily reading 10:30 Junk Drawer Detective 1:00 Helping Hands 2:00 Bingo 3:00 Games</p>	<p>16</p> <p>9:00 devotions 9:30 exercise 10:00 daily reading 10:30 January IQ trivia 1:00 helping hands 1:30 fun and music with friends 2:30 happy hour 6:00 Bible Baptist hymn sing</p>	<p>17</p> <p>9:00 Devotions 9:30 Exercise 10:15 Bingo 1:00 Helping Hands 1:30 Daily Reading 2:00 Brain Booster 3:00 Social Hour 6:00 Games in the Sunroom</p>	<p>18</p> <p>9:30 Exercise 10:00 Desserts and Discussion 10:45 Trivia 1:00 Helping Hands 1:30 Daily Reading 2:00 Music 3:15 Bingo</p>	
<p>19</p> <p>9:30 Exercise 10:00 Daily Reading 10:30 Trivia: Would You Rather...? 1:00 Helping Hands 2:00 Worship Service 3:00 Music</p>	<p>20 Martin Luther King Jr Day</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Time Slips 1:00 Helping Hands 1:15 Fit with Friends 1:30 Manicures and Game 3:00 Sing Along with the Sunshine Ladies</p>	<p>21</p> <p>9:00 Devotions 9:30 Exercise 10:00 Praise with the Pastor and Pals 11:00 Chicken Soup Reading 1:00 Helping Hands 1:30 Daily Reading 2:30 Happy Hour 3:30 Cognitive Enhancement</p>	<p>22</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Culinary Creations 1:00 Helping Hands 1:30 Games 3:00 Crafting: Snowman</p>	<p>23</p> <p>9:00 devotions 9:30 exercise 10:00 daily reading 10:30 luncheon prep 11:30 club luncheon 1:00 helping hands 1:30 fun and music with friends 2:30 happy hour 6:00 Bible Baptist hymn sing</p>	<p>24</p> <p>9:00 Devotions 9:30 Exercise 10:15 Bingo 1:00 Helping Hands 1:30 Daily Reading 2:00 Brain Booster 3:00 Social Hour 6:00 Games in the Sunroom</p>	<p>25</p> <p>9:30 Exercise 10:00 Desserts and Discussion 10:45 Trivia 1:00 Helping Hands 1:30 Daily Reading 2:00 Music 3:15 Bingo</p>	
<p>26</p> <p>9:30 Exercise 10:00 Daily reading 10:30 Have You Been There? 1:00 Helping Hands 2:00 Worship Service 3:00 Crafting: Sock Penguins</p>	<p>27</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Arm Chair Travels to Kenya 1:00 Helping Hands 1:15 Fit with Friends 1:30 Manicures and Game 3:00 Sing Along with the Sunshine Ladies</p>	<p>28</p> <p>9:00 Devotions 9:30 Exercise 10:00 Praise with the Pastor and Pals 11:00 Chicken Soup Reading 1:00 Helping Hands 1:30 Daily Reading 2:30 Happy Hour 3:30 Cognitive Enhancement</p>	<p>29</p> <p>9:00 Devotions 9:30 Exercise 10:00 Daily Reading 10:30 Animal Jingo 1:00 Helping Hands 1:30 Flower Arranging 3:00 Bingo</p>	<p>30</p> <p>9:00 devotions 9:30 exercise 10:00 daily reading 10:30 name the celebrity 1:00 helping hands 1:30 fun and music with friends 2:30 happy hour 6:00 Bible Baptist hymn sing</p>	<p>31</p> <p>9:00 Devotions 9:30 Exercise 10:15 Bingo 1:00 Helping Hands 1:30 Daily Reading 2:00 Brain Booster 3:00 Social Hour 6:00 Games in the Sunroom</p>	<p>See Weekly Updates for locations of events and programs.</p>	