

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

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

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
Patrencia Hoshall
James Strongin
Fairy Danner
Faye Breeden
Eloise Hearn
Beryl Yost
Mary Schroeder




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
 <h1>January 2020</h1>			1 New Years Day 9:30 Chair Exercise (AR) 10:00 Bingo (CH) 11:00 Trivia: New Years (AR) 1:00 Helping Hands (AR) 2:00 Games 3:00 New Year's Day Social (AR)	2 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 2:30 Musical Happy Hour with Dan (P) 2:30 Poker (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)	3 9:30 Chair Exercise (AR) 10:00 Poker (AR) 10:15 Market Run: Walmart***\$ (OOB) 1:30 Bingo (AR) 3:00 Social Hour: Mulled Cider (P) 4:00 Balance Fitness Class (FR) 6:00 Widow to Widower Club (CH)	4 9:30 Chair Exercise (AR) 10:00 Dessert & Discussion (AR) 10:45 iN2L: Brain Games (AR) 1:30 Kings in the Corner (AR) 2:00 Musical Entertainment by Mick (P) 3:00 Bingo (AR)
5 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 2:00 Worship Service (CH) 3:00 Crafting: Snowman Lights (AR) 5:30 Card Club: 500 (SR) 6:00 Veterans Club (AR)	6 8:00 Aquatic Fitness Class: York YMCA***\$ (OOB) 9:30 Chair Exercise (AR) 10:15 Culinary Creations (AR) 1:30 Manicures (AR) 1:30 Uno (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	7 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Bingo (AR) 2:00 Balance Fitness Class (FR) 2:30 Musical Happy Hour with Leo (P) 4:30 Regal West Manchester presents <i>Just Mercy</i> ***\$ (OOB)	8 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:15 Poker (AR) 1:30 Bingo (AR) 3:00 Songs with Ruthi (CH) 3:30 Fresh Flower Arranging (AR) 6:00 Games (SR)	9 9:30 Chair Exercise (AR) 10:00 Day Excursion: PA Farm Show***\$ (OOB) 10:15 Bingo (AR) 1:30 Yoga by Ally (AR) 2:30 Musical Happy Hour with Donna Jean (P) 6:00 Bible Study with the Bible Baptist Church (CH)	10 9:30 Chair Exercise (AR) 10:00 Chef's Food Demo (AR) 10:15 Market Run: Aldi***\$ (OOB) 1:30 Bingo (AR) 3:00 Social Hour: Hot Chocolate (P) 4:00 Balance Fitness Class (FR) 6:00 Widow to Widower Club (P) 6:15 Sing-A-Long: St. David's Church (CH)	11 9:30 Chair Exercise (AR) 10:00 Dessert & Discussion (AR) 10:45 iN2L: Brain Games (AR) 2:00 Musical Entertainment by Rhonda Lee P) 3:00 Dominos (AR) 5:45 Bingo (AR)
12 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 2:00 Worship Service (CH) 3:00 Crafting: Snow Pops (AR) 5:30 Card Club: 500 (SR) 6:00 Veterans Club (AR)	13 8:00 Aquatic Fitness Class: York YMCA***\$ (OOB) 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 11:30 Diners Caravan: Shangrila Chinese***\$ (OOB) 1:30 Manicures (AR) 1:30 Uno (AR) 3:00 Drum Circle by Jeff (AR) 6:15 Venture Crew (AR)	14 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Pokeno (AR) 12:45 House of Worship Tour: St. Joseph Roman Catholic Church** (OOB) 1:30 Mystery Games (SR) 2:30 Happy Hour (P) 4:30 Men's Club Social (AR)	15 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Fresh Flower Arranging (AR) 10:00 Welcome Ambassador Committee (P) 10:15 Dutch Apple Theatre: Sipping Savanah Society ***\$(OOB) 2:00 Bingo (AR) 3:00 iN2L— Games (AR)	16 9:30 Chair Exercise (FR) 10:15 Bingo (AR) 1:30 Culinary Creations: Pigs in the Blanket (AR) 2:30 Happy Hour (P) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)	17 9:30 Chair Exercise (AR) 10:15 Chef's Pairings (AR) 10:15 Market Run: Giant***\$ (OOB) 1:30 Bingo (AR) 3:00 Music by Thomas Schulz (P) 4:00 Balance Fitness Class (FR) 6:00 Movie Night: <i>Grumpy Old Men 2</i> (AR)	18 9:30 Chair Exercise (AR) 10:00 Dessert & Discussion (AR) 10:45 iN2L: Brain Games (AR) 2:00 Musical Entertainment by Memory Music (P) 3:00 Table Games AR) 5:45 Bingo (AR)
19 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Bryan Herber (P) 5:30 Card Club: 500 (SR) 6:00 Veterans Club (AR)	20 Martin Luther King Jr Day 8:00 Aquatic Fitness Class: York YMCA ***\$ (OOB) 9:30 Chair Exercise (AR) 10:00 Crafting: Snowflakes (AR) 11:00 Trivia: Martin Luther King (AR) 1:30 Manicures (AR) 1:30 Uno (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	21 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Pokeno (AR) 2:30 Musical Happy Hour with Don (P) 3:45 Balance Fitness Class (AR) 4:00 Alzheimer Support Group (CH) 4:30 Diners Caravan: Brewino***\$ (OOB)	22 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:15 Fresh Flower Arranging (AR) 1:30 Jingo (AR) 3:00 Poker (AR) 3:00 Music by Gloria Carl (P)0 6:00 Knit Pickers (EL)	23 9:30 Chair Exercise (AR) 10:00 Day Excursion: Gettysburg Cyclorama***\$(OOB) 10:15 Bingo (AR) 1:30 Yoga by Ally (FR) 1:30 Poker (AR) 2:30 Happy Hour (P) 6:00 Bible Study with Bible Baptist Church (CH)	24 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 10:15 Market Run: Dollar Tree***\$ (OOB) 2:00 Dining Services Committee (AR) 3:00 Social Hour: Eggnog (P) 4:00 Balance Fitness Class (FR) 6:00 Widow to Widower Club (CH)	25 9:30 Chair Exercise (AR) 10:00 Desserts & Discussions (AR) 10:45 iN2L: Brain Games (AR) 2:00 Musical Entertainment by Leo Reaver (P) 3:00 Jingo (AR)
26 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Crafting: Penguins (AR) 5:30 Card Club: 500 (SR) 6:00 Veterans Club (AR)	27 8:00 Aquatic Fitness Class: York YMCA (OOB) 9:30 Chair Exercise (AR) 10:15 Arm Chair Travel: Kenya (AR) 1:30 Manicures (AR) 1:30 Uno (AR) 3:00 Bingo (AR) 4:00 Community Life Committee (AR) 6:15 Venture Crew (AR)	28 9:30 Chair Exercise (AR) 10:15 Culinary Creations: Cheese Crackers (AR) 10:30 Catholic Mass by Father Brown (CH) 1:00 Styles by Shirley (EL) 2:30 Super Happy Hour: Winter Celebration (AR) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)	29 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:15 Poker (AR) 1:30 Shop Retail: Kohls***\$ (OOB) 1:30 Fresh Flower Arranging (AR) 3:00 Culinary Creations: Sugar Cookies (AR) 5:45 Bingo with Women of Dover (AR)	30 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Fireside Chat (AR) 1:30 Technology & You: Smartphones 101 (AR) 2:30 Happy Hour (P) 4:00 Balance Class (AR) 6:00 Bible Study with Bible Baptist Church (CH)	31 9:30 Chair Exercise (AR) 10:15 Kings in the Corner (AR) 10:15 Market Run: Weis***\$ (OOB) 12:45 Tour & Tasting: The Vineyard at Hershey***\$ (OOB) 2:00 Bingo (AR) 3:00 Uno (AR) 6:00 Widow to Widower Club (CH)	Calendar Key: (AR) Activities Room (SR) Sunshine Room (CH) Chapel (P) Pub (EL) East Lounge (OOB) Out of Building ** Registration Required \$\$ Cost Involved