

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.



Dimensions of Wellness

Welcome New Residents

Grace & Joseph Marchese
Virginia Backora
Jane Heisey
Rose Mary Darcangelo
Betty Ann Porpiglia
Alfred Carl
Harriet Mannell
Roland Wolfe

Resident Birthdays

February

Florence Yodzio
Ann Zajkowski
Marjorie Becker
VinnieAnn Palmieri &
Mary Konschnik
Jacqueline Bettine
Joan Gunzerath
Justine Shon
Giovanna Fellin
Elizabeth Williams

March

Irene Heidrich
Claudia Baert
John Gorski
Joseph Fogarty
Jerry Moff
Jane Krieger



Providence Place SENIOR LIVING News

Q1: February 2020

A Note from the Executive Director

Hello and Happy 2020!

I hope you had a relaxing and peaceful holiday that was surrounded by your family, friends, or loved ones. A New Year is about beginnings, and this is the opportunity for us to be filled with hope and joy as we prepare for our new year here at Providence Place.

Thank you everyone for all the cookies/treats, cards, kind words, and generosity of all of our residents, families, and team members. The holidays are so fun and rewarding, and to see the co-workers and residents interacting and having nice moments together is truly astounding. I hope you enjoyed our fabulous Christmas party event - the food, entertainment, and company was over the top (as usual). Our co-workers did an amazing job to make that event extra special.

I want to remind you that each month, we host a craft event and fireside chat. I hope to see a huge crowd at both. If you have any ideas of something you would like to do or discuss, please let me know. I am always open to suggestions and ideas. This is all for you and I want it to be amazing.

Thank you for a wonderful 2019. You have been an enormous part of my year. My goal for this year is to find exciting opportunities to continue to strengthening my commitment to you. I am extremely pleased with our management team and the support they offer to you. If we can do anything for you, our doors are always open.

I'd like to include a special "Thank You" to all of our family members, who come to visit and volunteer, to help our coworkers, on holidays, special events & activities. Your assistance was very much appreciated.

Winter doesn't last forever, but to me it's magical to watch the soft white snow flurries begin to fall and swirl around. Enjoy this season and please stay safe and warm.

Kim Perchak
Executive Director

Upcoming Events

February

- 11 - Music Class with Cynthia
1:30 pm
- 14 - Valentine's Day Celebration
Entertainment by The Shoreliners
2:30 pm
- 25 - Heart Health Presentation
Bayada Home Health Care
10:00 am
- 27 - Dining Demo with Chef Ashley
2:30 pm

March

- 4 - Pot Luck Social @ 2:30 pm
- 13 - String Quartet Performance @ 2:30pm
- 17 - St. Patty's Day Celebration
Bagpipe Music Entertainment @ 10:00 am
Party/Celebration @ 2:30 pm
- 31 - Low Vision Club
Hazleton Area Blind Association
2:30 pm



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 <i>Club</i></p>		<p>CALENDAR KEY: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Rm (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Connections Neighborhood (CN), Library (L), Private Dining Room (PDR) Out of the Building (OOB) **Registration Required \$\$Cost Involved</p>		<p>FEBRUARY 2020</p>		<p>1 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Stretch Exercise (2nd) 10:30 Therapy Dogs (1st) 1:15 Sing Along with Susie (T) 1:30 Cooking Club: White Chocolate Strawberry Cookies (C) 2:30 Bingo (T) 6:15 iN2L Activities (T)</p>
		<p>2 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30 Spiritual Inspiration Hymns (3rd) 10:30 Chair Dance Fitness (2nd) 10:30 Manicures, Music & Lotion (T) 11:15 Wine & Dine (DR) 12:30 Brain Games (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 6:30 Superbowl Party (DR)</p>	<p>3 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 Physical Wellness Sit & Be Fit (2nd) 3:00 Art Exploration: Polymer Clay Figurines (3rd) 3:15 Groundhog Crafts with Helen (1st) 4:00 Cranium Crunches (1st) 7:00 Friends Helping Friends: Scrabble (1st)</p>			<p>4 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Shopping Run: Dollar Tree**\$\$ (OOB) 10:30 Sit & Be Fit Exercise (2nd) 1:30 iN2L: What Did It Cost? Trivia (3rd) 2:45 Bingo (3rd) 3:00 Memory Magic Challenge (1st) 4:00 Cocktail Hour (1st) 5:00 Brain Games 5 Sec Rule Game (1st)</p>
<p>9 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30 Literacy for All Ages Reading Roundtable (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:00 Spiritual Inspiration (Ch) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Cognitive Challenge Trivia game (T)</p>	<p>10 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:15 Physical Wellness (1st) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:15 Social Society Memories in the Making (1st) 5:30 Sensory Exploration Colorama (1st) 6:30 Pinochle Players Club (3rd)</p>	<p>11 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Spiritual Inspiration Chicken Soup for the Soul (1st) 10:00 Sit & Be Fit Exercise (2nd) 11:30 Taste of the Region: Jimmy's Hot Dogs Take Out**\$(DR) 1:30 Music Class with Cynthia (2nd) 2:30 iN2L: Movie Memories (3rd) 3:00 Bible Study with Deacon Beverly (Ch)</p>	<p>12 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Hydration & Small Bites (1st) 9:30 Bank Run** (OOB) 10:00 Rosary & Communion (Ch) 1:30 iN2L: Fit Xpress Exercise (2nd) 2:30 Lottery/Candy Bar Bingo (3rd) 4:00 & 4:30 February Birthday Celebration Dinner (DR) (T) 6:00 Flower Arrangements</p>	<p>13 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 10:15 Baking Club (1st) 1:45 Rosary & Communion (Ch) 2:30 Musical Entertainment by Windfall (DR) 3:30 iN2L: Valentine's Day Trivia (3rd) 6:00 Confident Cruisers (ML) 7:00 Pinochle Players Club (3rd)</p>	<p>14 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Cupid Tea Party with Helen (1st) 10:00 Stretch Exercise (2nd) 2:00 Crown King & Queen of Hearts (DR) 2:30 Valentine's Day Social (DR) 4:00 Community Choir (1st) 6:30 Friends Helping Friends: UNO (1st) 7:00 Evening Wind Down (T)</p>	<p>15 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Simply Tai Chi Exercise (2nd) 10:30 Therapy Dogs (1st) 12:30 Brain Games (T) 2:30 Senior Prom Social with Girl Scouts (3rd) 3:15 Music Appreciation Country Sing along (1st) 4:00 Confident Cruisers (ML)</p>
<p>16 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30 Spiritual Inspiration (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Veterans Club (3rd) 7:00 Knit & Crochet Club (3rd)</p>	<p>17 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 iN2L: Presidential Biographies (T) 2:00 President Trivia (T) 4:00 Confident Cruisers (ML) 6:00 Pinochle Players Club (3rd) 6:30 Presidential Entertainment by Jimmy Edwards (DR)</p>	<p>18 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Fitness Therapy with Lisa (2nd) 1:30 Dessert & Discussion (DR) 2:30 Hymn Sing with Deacon Beverly (3rd) 4:00 Cocktail Hour (1st) 5:30 Bingo (3rd) 7:00 Friends Helping Friends: Boggle (1st)</p>	<p>19 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 10:00 Shopping Run: Wal-Mart**\$\$ (OOB) 1:30 Sit & Be Fit Exercise (2nd) 2:15 Spiritual Circle of Friends (2nd) 2:30 Craft with Kim (3rd) 4:00 iN2L: Travel Destinations: New Orleans (3rd) 6:30 Art Club (1st)</p>	<p>20 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 iN2L: Fit Xpress Exercise (2nd) 10:45 Diners Caravan: 5-Star Chinese Restaurant**\$\$ (OOB) 1:45 Rosary & Communion (Ch) 2:30 Dining Service Committee (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>21 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 11:30 Dining Caravan Out to Eat at Vesuzios in the Valley\$\$ 1:30 Hearts to Hearts Committee (3rd) 2:30 Musical Entertainment by Gary Dee (DR) 4:00 Uncorked** (1st) 6:00 Expressions of Prayer (T)</p>	<p>22 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Cognitive Challenge Crosswords (1st) 10:00 Manicures (SR) 1:30 Strength Exercise (2nd) 2:30 Xbox Bowling (2nd) 3:00 Elder Song Bing (3rd) 4:00 Literacy for All Ages (3rd) 6:00 Confident Cruisers (ML) 7:00 Community Puzzle Club (1st)</p>
<p>23 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30 Spiritual Inspiration Hymns (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 My Life Story Tea (1st) 3:30 Penny Ante Game (1st) 5:30 Brain Teasers (1st)</p>	<p>24 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Hydration & Small Bites (1st) 10:00 Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 2:30 Musical Entertainment by George Rittenhouse (DR) 3:30 Cognitive Challenge Detective Games (1st) 5:30 Brain Games (T)</p>	<p>25 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Social Society Timeslips (1st) 10:00 Educational Presentation by David Mead (3rd) 1:30 Stretch Exercise (2nd) 2:00 Mardi Gras Celebration (3rd) 3:00 Fireside Chat (1st) 3:15 Physical Wellness (T) 4:00 Cocktail Hour (1st)</p>	<p>26 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Spiritual Inspirational (1st) 10:00 Rosary & Communion (Ch) 1:30 iN2L: Fit Xpress Exercise (2nd) 2:45 Bingo (3rd) 3:00 Memory Magic Challenge (1st) 6:00 Singalong (T) 7:00 Sports Club (3rd) 7:00 Evening Wind Down (T)</p>	<p>27 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Sensory Exploration Who Am I (1st) 10:00 Retail Shopping: Bosco's**\$\$ (OOB) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Red or Black Game (2nd) 2:00 Alzheimer's Support Group** (SR) 2:30 Dining Demo with Chef Ashley (DR) 4:00 iN2L: Art History (3rd)</p>	<p>28 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Mass by Deacon Larry (Ch) 2:15 Community Life Programs Committee (3rd) 3:00 Stations of the Cross (Ch) 3:15 Sensory Exploration Name that Jingle (1st) 5:30 Men's Club: Poker Tournament (3rd)</p>	<p>29 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Leap Year Challenge (1st) 10:00 Simply Tai Chi Exercise (2nd) 10:30 Therapy Dogs (1st) 2:00 Spiritual Inspiration (Ch) 2:30 Bible Study with Deacon Beverly (Ch) 4:00 Confident Cruisers (ML) 6:00 Family Feud (T) 7:00 Lights, Camera, Action (2nd)</p>