

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

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

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
		Calendar Key: Chapel (Ch), Dining Room (DR), Terrace Connections Neighborhood (T) Main Lobby (ML), Sunroom (SR), Café (C), (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor **Registration Required \$\$Cost Involved		<h1 style="text-align: center;">February 2020</h1>		1 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 10:30 Therapy Dogs (1st) 1:30 Cooking Club: White Chocolate Strawberry Cookies (C) 3:00 Low Vision Club (3rd) 6:00 Tech World & You (3rd) 7:00 Lights, Camera, Action (2nd)
		2 9:00 Worship Service (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 Destination Education: Punxsutawney, PA (T) 6:30 Superbowl Party (DR) Ground Hog Day	3 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 3:00 Art Exploration: Polymer Clay Figurines (3rd) 4:00 Cranium Crunches (1st) 6:30 Pinochle Players Club (3rd) 7:00 Friends Helping Friends: Scrabble (1st)			4 9:00 Daily Chronicle & Headlines (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) 4:00 Cocktail Hour (1st) 6:30 Circles of Friends (3rd)
9 9:00 Worship Service (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 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	10 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:15 Art Exploration: Polymer Clay Figurines (3rd) 5:30 Brain Games (T) 6:30 Pinochle Players Club (3rd)	11 9:00 Daily Chronicle & Headlines (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) 4:00 Cocktail Hour (1st) 6:30 Widow to Widowers Club (3rd)	12 9:00 Daily Chronicle & Headlines (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 February Birthday Celebration Dinner (DR) 6:00 Flower Arrangements: Valentine's Day Centerpieces (3rd)	13 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 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)	14 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:30 Welcome Ambassadors Committee (3rd) 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) Valentines Day	15 9:00 Daily Chronicle & Headlines (1st) 10:00 Simply Tai Chi Exercise (2nd) 10:30 Therapy Dogs (1st) 1:30 Moving Arts Aficionados (1st) 2:30 Senior Prom Social with Girl Scouts (3rd) 4:00 Confident Cruisers (ML) 6:30 Low Vision Club (3rd)
16 9:00 Worship Service (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)	17 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 iN2L: Presidential Biographies (T) 3:00 Art Exploration: Polymer Clay Figurines (3rd) 4:00 Confident Cruisers (ML) 6:00 Pinochle Players Club (3rd) 6:30 Presidential Entertainment by Jimmy Edwards (DR) Presidents Day	18 9:00 Daily Chronicle & Headlines (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)	19 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 10:00 Shopping Run: Wal-Mart**\$\$ (OOB) 1:30 Sit & Be Fit Exercise (2nd) 2:30 Craft with Kim (3rd) 4:00 iN2L: Travel Destinations: New Orleans (3rd) 6:30 Art Club (1st)	20 9:00 Daily Chronicle & Headlines (1st) 10:00 iN2L: Fit Xpress Exercise (2nd) 10:45 Diners Caravan: Five 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)	21 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 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) 7:00 Jeopardy (T)	22 9:00 Daily Chronicle & Headlines (1st) 10:00 Manicures (SR) 1:30 Strength Exercise (2nd) 2:30 Xbox Bowling (2nd) 4:00 Literacy for All Ages (3rd) 6:00 Confident Cruisers (ML) 7:00 Community Puzzle Club (1st)
23 9:00 Worship Service (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 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	24 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 2:30 Musical Entertainment by George Rittenhouse (DR) 3:30 Art Exploration: Polymer Clay Figurines (3rd) 5:30 Brain Games (T) 6:30 Pinochle Players Club (3rd)	25 9:00 Daily Chronicle & Headlines (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) 4:00 Cocktail Hour (1st) 6:00 Circles of Friends (3rd) Mardi Gras	26 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 1:30 iN2L: Fit Xpress Exercise (2nd) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:00 Singalong (T) 7:00 Sports Club (3rd)	27 9:00 Daily Chronicle & Headlines (1st) 10:00 Retail Shopping: Boscov'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) 6:30 Pinochle Players Club (3rd)	28 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Mass by Deacon Larry (Ch) 2:15 Community Life Committee (3rd) 3:00 Stations of the Cross (Ch) 5:30 Men's Club: Poker Tournament (3rd) 7:00 Friends Helping Friends: Dominoes (1st)	29 9:00 Daily Chronicle & Headlines (1st) 10:00 Simply Tai Chi Exercise (2nd) 10:30 Therapy Dogs (1st) 1:45 Coffee & Tea 101 (1st) 2:30 Bible Study with Deacon Beverly (Ch) 4:00 Confident Cruisers (ML) 6:00 Family Feud (T) 7:00 Lights, Camera, Action (2nd)