

# 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

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

## Resident Birthdays

### January

Marilyn Soltis  
Helen Eroh  
Mary Louise Wydock  
Bessie Blazeovich  
Letty Senger  
Angela Longo  
Rose Marie Gorski  
Theresa Fay  
Linda Benson  
Joan Moff  
Rodney George  
Dolores Zukowski  
Dolores McNamara  
Dolly Slusser  
Catherine Costa  
James McNelis  
Marjorie Wolk  
Milda Vilushis  
Rose Chisari  
Doris Kavitski  
Micky Grzymiski

### February

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

### January

- 4 – Chef's Pairings  
With Chef Ashley @ 3:00 pm
- 9 – Focus on Health: Blood Pressure Checks  
2:00 pm
- 10 – Local Landmark Documentary  
"Angela Park" @ 1:30 pm
- 16 – Lunch at Pie-O-Near Pizza  
11:00 am
- 25 – Beat the Winter Blues Social  
George Rittenhouse Entertainment @ 2:30 pm

### February

- 4 – Wellness Demonstration:  
Herbal Remedies & Good Health  
Dr. Alicia Powell @ 2:30 pm
- 11 – Music Class with Cynthia  
1:30 pm
- 14 – Valentine's Day Celebration  
Entertainment by The Shoreliners  
2:30 pm
- 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  
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](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																												
  <p>JANUARY 2020</p>			<b>1</b> New Year's Day 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Rosary (Ch) 10:15 Memories in the Making (1st) 1:30 Confident Cruisers (ML) 2:45 Bingo (3rd) 3:15 Hydration Station & Games (1st) 6:00 iN2L (T)	<b>2</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Shopping Run: Dollar Tree**\$\$ (OOB) 9:45 Devotions & Book Club (1st) 10:30 Sit & Be Fit Exercise (2nd) 1:45 Rosary & Communion (Ch) 4:00 Cranium Crunches (1st) 6:30 Musical Entertainment by The Shoreliners (DR)	<b>3</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Music & Motion (2nd) 12:30 Brain Games on iN2L (T) 1:00 Brain Boosters (T) 1:45 Club Members Bingo (1st) 4:00 Low Vision Club (3rd) 6:00 Tabletop Games in Café (1st)	<b>4</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Sit & Be Fit (2nd) 12:30 Brain Games on iN2L (T) 1:30 Low Vision Club (3rd) 2:30 (DR) 3:15 Helping Hands (1st) 6:00 iN2L (T)	<b>5</b> 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 10:15 Reading Roundtable (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 Memory Magic (1st) 6:00 Colorama National Bird Day (1st)	<b>6</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Yoga by Bill (CH) 10:30 Strength Exercise (2nd) 12:30 Brain Games on iN2L (T) 2:30 Musical Entertainment by Windfall Duo (DR) 3:30 Art Exploration (1st) 6:00 Music & Wind Down 1st)	<b>7</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 9:30 Bank Run** (OOB) 10:30 Strength Exercise (2nd) 12:30 Brain Games on iN2L (T) 1:45 Ladies Afternoon Tea (1st) 3:30 Veterans Club (3rd) 6:00 Cocktail Hour & Detective Games (1st)	<b>8</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Mass & Rosary by Father Mike (DR) 10:15 TimeSlips™ (1st) 12:30 Brain Games on iN2L (T) 1:15 Balance in Action Exercise (2nd) 4:00 Birthday Celebration Dinner (DR) 6:00 Social Hour & Art Club (1st)	<b>9</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Stretch Exercise (2nd) 12:30 Brain Games on iN2L(T) 1:45 Rosary & Communion (Ch) 2:00 Blood Pressure Checks (3rd) 3:15 Hydration & Small Bites Mini Social (1st) 6:00 <i>I Am</i> Poem (1st)	<b>10</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Sit & Be Fit (2nd) 12:30 Brain Games on iN2L (T) 1:30 Local Landmark Documentary: <i>Angela Park</i> (2nd) 2:30 Resident Memorial Mass (DR) 4:00 Cocktail Hour (1st) 6:00 Who Wants to be a Millionaire (T)	<b>11</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Men's Club (1st) 10:30 Strength Exercise (2nd) 12:30 Brain Games on iN2L (T) 1:30 Music & Motion (2nd) 2:30 Community Choir Rehearsal (1st) 7:00 iN2L (T)	<b>12</b> 9:00 Worship Service (3rd) 9:15: Morning Meeting (1st) 10:15 Reading Roundtable (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 Memory Magic Challenge (1st) 6:00 Dice Games (1st)	<b>13</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 12:30 Brain Games on iN2L (T) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:15 Physical Wellness (1st) 6:00 Creative Art with Friends (1st)	<b>14</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Strength Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 1:45 Power of the Mind (1st) 3:00 Bible Study with Deacon Beverly (Ch) 6:00 Music & Wind Down (1st)	<b>15</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 10:15 Colorama (1st) 12:30 Brain Games on iN2L (T) 1:30 Shopping Run: Walmart**\$\$ (OOB) 2:45 Bingo (3rd) 3:00 Hydration Station & Games (1st) 6:00 UNO (1st)	<b>16</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:15 Physical Wellness (2nd) 11:00 Diners Caravan: Pizza Pie-O-Near**\$\$ (OOB) 1:45 Rosary & Communion (Ch) 2:30 Dining Service Committee (3rd) 6:00 Hymn Sing with Deacon Beverly (T)	<b>17</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Sit & Be Fit (2nd) 12:30 Brain Games and iN2L (T) 1:30 Low Vision Club (3rd) 2:30 Musical Entertainment by Lester Hirsh (DR) 3:15 Helping Hands (1st) 6:00 iN2L (T)	<b>18</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Manicures (SR) 10:30 Therapy Dogs (1st) 12:30 Brain Games on iN2L (T) 1:30 Stretch Exercise (2nd) 3:00 Coffee & Tea 101 (1st) 6:00 Widow to Widowers Club (3rd) 7:00 Lights, Camera, Action Movie (2nd)	<b>19</b> 9:00 Worship Service (3rd) 9:15: Morning Meeting (1st) 10:15 Reading Roundtable (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 Memory Magic (1st) 6:00 Dice Games (1st)	<b>20</b> Martin Luther King, Jr Day 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 12:30 Brain Games on iN2L (T) 1:45 Power of the Mind (1st) 4:00 Cocktail Hour (1st) 6:00 Hymn Sing with Deacon Beverly (3rd)	<b>21</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Cooking Club (1st) 12:30 Brain Games on iN2L (T) 1:30 Strength Exercise (2nd) 1:45 Men's Gathering (1st) 4:00 Cocktail Hour & Music (1st) 6:00 Hymn Sing with Deacon Beverly (3rd)	<b>22</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 9:45 Retail Shopping: Bosco's**\$\$ (OOB) 10:00 Rosary & Communion (Ch) 12:30 Brain Games on iN2L (T) 1:30 Balance in Action Exercise (2nd) 3:00 Chef's Pairing (DR) 6:00 Literacy for All Ages (3rd)	<b>23</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Desert & Discussion (1st) 1:45 Rosary & Communion (Ch) 2:00 Alzheimer's Support Group (SR) 6:30 Pinochle Players (3rd) 7:00 iN2L (T)	<b>24</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Music & Motion Exercise (2nd) 12:30 Brain Games and iN2L (T) 1:30 Xbox Bowling (2nd) 2:45 Bingo (3rd) 3:00 Compliment Day Social (1st) 4:00 Uncorked**(1st) 6:00 Tabletop games in café (1st)	<b>25</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Stretch Exercise (2nd) 12:30 Brain Games on iN2L (T) 1:30 Craft Club (3rd) 2:30 Musical Entertainment by George Rittenhouse (DR) 6:00 Reminisce in Song (T) 7:00 Helping Friends: Scrabble (T)	<b>26</b> 9:00 Worship Service (3rd) 9:15: Morning Meeting (1st) 10:15 Reading Roundtable (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 Memory Magic (1st) 6:00 Dice Games (1st)	<b>27</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 10:15 Culinary Creations: Bake a Chocolate Cake Day! (1st) 1:30 Music Class with Cynthia (2nd) 2:45 Social Hour & Short Stories (3rd) 3:00 Red or Black Game (2nd) 6:00 Music & Wind Down (1st)	<b>28</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Strength Exercise (2nd)(1st) 12:30 Brain Games on iN2L (T) 1:00 Love Our Environment (T) 3:00 Fireside Chat (1st) 3:15 Who Am I? (T) 6:00 Bible Study with Deacon Beverly (Ch)	<b>29</b> 9:00 Daily Chronicle & Headlines (1st) 9:15: Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 10:15 Sensory & Popcorn (1st) 12:30 National Puzzle Day (T) 1:30 Craft with Kim (3rd) 1:45 Hydration Station and Crafts (T) 3:30 Confident Cruisers (ML) 6:00 Word Challenge (1st)	<b>30</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Shopping Run: ALDI**\$\$ (OOB) 12:30 Brain Games on iN2L(T) 1:30 Sit & Be Fit Exercise (2nd) 1:45 Rosary & Communion (Ch) 2:45 Bingo (3rd) 6:00 Poetry Readings (1st)	<b>31</b> 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 12:30 Brain Games & Love of Art (T) 1:30 Mass by Deacon Larry (Ch) 1:45 Club Members Bingo (1st) 4:00 Community Choir (1st) 6:00 Tabletop Games in Sunroom (1st)	<b>Calendar Key:</b> 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  <b>** Registration Required</b> <b>\$\$ Cost Involved</b>