

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 Grzymyski

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.



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



January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Confident Cruisers (ML) 2:45 Bingo (3rd) 6:00 Friends Helping Friends: Scrabble (T) 7:00 iN2L (T)	2 9:00 Daily Chronicle & Headlines (1st) 9:30 Shopping Run: Dollar Tree**\$\$ (OOB) 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) 7:00 Pinochle Players Club (3rd)	3 9:00 Daily Chronicle & Headlines (1st) 10:00 Music in Motion Exercise (2nd) 1:30 Confident Cruisers (ML) 3:00 Welcome Ambassadors Committee (3rd) 4:00 Low Vision Club (3rd) 6:00 Google Earth (T) 7:00 Community Puzzle Club (1st)	4 9:00 Daily Chronicle & Headlines (1st) 9:30 Cooking Club (1st) 10:30 Therapy Dogs (1st) 1:45 Balance in Action Exercise (2nd) 3:00 Chef's Pairings (DR) 6:00 Spiritual Songs (T) 7:00 Lights, Camera, Action Movie (2nd)
5 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 Friends Helping Friends: Dominoes (T) 7:00 Knit & Crochet Club (3rd)	6 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:30 Musical Entertainment by Windfall Duo (DR) 3:30 Art Exploration (1st) 6:30 Pinochle Players Club (3rd) 7:00 Google Earth (T)	7 9:00 Daily Chronicle & Headlines (1st) 9:30 Bank Run** (OOB) 10:30 Strength Exercise (2nd) 1:30 Technology Committee (3rd) 3:30 Veterans Club (3rd) 6:00 Cocktail Hour (1st) 7:00 iN2L (T)	8 9:00 Daily Chronicle & Headlines (1st) 10:00 Mass & Rosary by Father Mike (DR) 1:15 Balance in Action Exercise (2nd) 2:00 Musical Entertainment by pianist Jay Daniels (2nd) 4:00 January Birthday Celebration Dinner (DR) 6:00 Art Club (1st)	9 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 2:00 Blood Pressure Checks (3rd) 2:45 Bingo (3rd) 4:00 Widow to Widowers Club (3rd) 6:00 Singalong (T) 6:30 Pinochle Players Club (3rd)	10 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Local Landmark Documentary: Angela Park (2nd) 2:30 Resident Memorial Mass (DR) 4:00 Cocktail Hour (1st) 6:00 Who Wants To Be A Millionaire (T) 7:00 Community Puzzle Club (1st)	11 9:00 Daily Chronicle & Headlines (1st) 10:00 Men's Club (1st) 1:30 Music in Motion Exercise (2nd) 2:30 Community Choir Rehearsal (1st) 4:00 Confident Cruisers (ML) 6:00 Friends Helping Friends: Dominoes (T) 7:00 iN2L (T)
12 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)	13 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) 3:30 Art Exploration (1st) 6:00 Brain Games (T) 6:30 Pinochle Players Club (3rd)	14 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 3:00 Bible Study with Deacon Beverly (Ch) 4:00 Cocktail Hour (1st) 6:00 Tech World & You (3rd) 7:00 Evening Sports Club (3rd)	15 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 1:30 Shopping Run: Wal-Mart***\$\$ (OOB) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:00 Circles of Friends (3rd) 7:00 Google Earth (T)	16 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (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) 6:30 Pinochle Players Club (3rd)	17 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Low Vision Club (3rd) 2:30 Entertainment by Lester Hirsh (DR) 4:00 Confident Cruisers (ML) 6:00 iN2L (T) 7:00 Community Puzzle Club (1st)	18 9:00 Daily Chronicle & Headlines (1st) 10:00 Manicures (SR) 10:30 Therapy Dogs (1st) 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)
19 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 Friends Helping Friends: Boggle (1st) 7:00 Knit & Crochet Club (3rd)	20 Martin Luther King Jr Day 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Moving Arts Aficionados (1st) 3:00 Confident Cruisers (ML) 4:00 Art Exploration (1st) 6:30 Pinochle Players Club (3rd)	21 9:00 Daily Chronicle & Headlines (1st) 10:00 Cooking Club (1st) 1:30 Strength Exercise (2nd) 3:00 Hearts to Hearts Committee (3rd) 4:00 Cocktail Hour (1st) 6:00 Hymn Sing with Deacon Beverly (3rd) 7:00 Google Earth (T)	22 9:00 Daily Chronicle & Headlines (1st) 9:45 Retail Shopping: Boscov's***\$\$ (OOB) 10:00 Rosary & Communion (Ch) 1:30 Balance in Action Exercise (2nd) 3:00 Chef's Pairings (DR) 6:00 Literacy for All Ages (3rd) 7:00 Jeopardy (T)	23 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Dessert & Discussion (C) 2:00 Alzheimer's Support Group** (SR) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd) 7:00 iN2L (T)	24 9:00 Daily Chronicle & Headlines (1st) 10:00 Music in Motion Exercise (2nd) 1:30 Xbox Bowling (2nd) 2:45 Bingo (3rd) 4:00 Uncorked** (1st) 6:00 Expressions of Prayer (Ch) 7:00 Community Puzzle Club	25 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:30 Craft Club (3rd) 2:30 Musical Entertainment by George Rittenhouse (DR) 4:00 Confident Cruisers (ML) 6:00 Reminisce in Song (T) 7:00 Friends Helping Friends:
26 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)	27 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 3:00 Red or Black Game (2nd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd) 7:00 Art Exploration (1st)	28 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Destination Education (3rd) 3:00 Fireside Chat (1st) 4:00 Cocktail Hour (1st) 6:00 Bible Study with Deacon Beverly (Ch) 7:00 iN2L (T)	29 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 1:30 Craft with Kim (3rd) 2:30 Musical Entertainment by The Sensations (DR) 4:00 Confident Cruisers (ML) 6:00 Circles of Friends (3rd) 7:00 Google Earth (T)	30 9:00 Daily Chronicle & Headlines (1st) 10:00 Shop Run: ALDI***\$\$ (OOB) 1:30 Sit & Be Fit Exercise (2nd) 2:45 Bingo (3rd) 4:00 Cocktail Hour (1st) 6:00 Community Life Programs Committee (3rd) 6:30 Pinochle Players (3rd)	31 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Mass by Deacon Larry (Ch) 2:30 Confident Cruisers (ML) 4:00 Community Choir (1st) 6:00 Sports Club (3rd) 7:00 Friends Helping Friends: UNO (1st)	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