

# 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

## A Note from the Executive Director

Greeting Residents,

February is the month to celebrate love with heart health month and Valentine's Day, and we do love that each and everyone one of you chose to be part of our Providence Place family. Speaking of family, we are looking to enhance our family atmosphere here at Providence Place by focusing on hospitality. We want to foster an environment in the way Louis Chevalier de Jaucourt describes hospitality, "the virtue of the great soul that cares for the universe through how we treat one another". In February our hospitality theme is "To get a smile, you have to give a smile."

To take our commitment to hospitality even further, we have partnered with the Ceca Foundation. The Ceca Foundation is an organization that celebrates caregivers that go above and beyond consistently. Residents, Family members, and Co-workers are able to nominate individuals that they see doing an exceptional job at enriching the lives of our Providence Place family. Please feel free to nominate as many co-workers that you see doing an excellent job at representing our Providence Place values, of kindness, compassion, and care. You can find nomination forms by the first floor mail boxes. Please include as much detail of what the co-worker did to deserve his/her nomination, and your name.

Sincerely,

*Tanya Hoy*  
Executive Director

## Upcoming Events

### February

- 6 – Painting Canvas with Shannon Hailey  
2:00 pm
- 14 – Providence Place Couples Meal  
11:30 am
- 21 – Cooking demo with Chef Kyle  
2:00 pm

### March

- 5 – Art Class with Shannon Hailey  
2:00 pm
- 17 – St. Patrick's Day Party  
Entertainment by The Shoreliners  
2:00 pm
- 27 – Cooking demo with Chef Kyle  
2:00 pm
- 31 – Drumming with Joe Ciarvilla  
2:00 pm



## Dimensions of Wellness

## Welcome New Residents

Sang O'Reilly  
Lorraine Campion  
Lynn Korn  
William Culbert

## Resident Birthdays

### February

Louise Overkott  
Jeanette Ward  
Mae Tobin  
George Flanagan  
Sandra Lurwick  
Charlotte Capello  
Olga Peshock  
Sylvia Kulp  
Faye Davis  
Shirley Bauser

### March

Anne Stefanski  
Joan Koehler  
Sue Wartella  
Lee Lengel  
Barbara Arnold  
Anita Fisher  
Elisabeth Garreis  
Eugene Suda  
Richard Harvey  
Dorothy Faust  
Nellie Terefinko  
Janet Ruch  
Violet Pogera  
Russell Schade  
Alberta Spina



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	
<h1>THE Club</h1>		<b>Calendar Key:</b> (ML) Main Lobby (A) Activity Room (CR) Club Room (ND) North Dinning Room (SL) South Lounge (C) Chapel (OOB) Out of Building **Registration Required, \$\$Cost Involved			<h1>FEBRUARY 2020</h1>		1 9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB) 10:00 Are You Smarter Than a 5th Grader? (A) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo \$\$ (DR) 2:30 UNO (SL) 3:00 Helping Hands: Setting the Tables (DR) 6:00 Bunco with Friends (A)
		2 8:45 Trinity Lutheran Church** (OOB) 9:10 St. Patrick's Church** (OOB) 10:00 TV Trivia (A) 11:00 Wine & Dine (ND/SD) 2:00 Musical Entertainment by Cindy Robertson (ND) 2:00 Sunday Movie: <i>Groundhog Day</i> (A) 6:15 Schuylkill Monopoly (A)  Ground Hog Day	3 9:30 Helping Hands in Connections (CN) 10:30 UNO (SL) 11:00 Welcoming Committee (A) 11:00 Confident Cruisers (ML) 1:15 Yoga with Michele (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill Monopoly (A)	4 9:30 Helping Hands in Connections (CN) 10:00 Yahtzee (SL) 11:00 Confident Cruisers (ML) 2:00 Floor Gold (A) 3:00 Wine Social (A) 3:30 Balance in Motion (A) 4:00 Hydration & Snacks (A) 6:15 Nickel Bingo \$\$ (A)			5 9:30 Coffee, Donuts, & Discussion (A) 10:30 Worship Service with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart**\$\$ (OOB) 2:30 In2L: Google Earth (CN) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel Po-Ke-No\$\$ (A)
9 8:45 Trinity Lutheran Church** (OOB) 9:15 St. Patrick's Church** (OOB) 10:00 Trivial Pursuit (A) 11:00 Wine & Dine (SD/ND) 2:00 Sunday Movie: <i>Saving Mr. Banks</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill Monopoly (A)	10 9:30 Helping Hands in Connections (CN) 11:00 Confident Cruisers (ML) 1:15 Yoga with Michele (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Drama Club (A) 3:30 Stretches with Bands (A) 6:15 Bunco with Friends (A)	11 9:30 Helping Hands in Connections (CN) 10:00 Color Me Calm (SL) 11:00 Wedding Photos Displayed (ML) 11:00 Confident Cruisers (ML) 2:00 Valentine Horse Races (A) 3:00 Prizes Ceremony for Races (A) 3:30 Drum Stick Exercise (A) 6:15 Nickel Bingo \$\$ (A)	12 9:30 Coffee, Donuts, & Discussion (A) 10:30 Worship Service with Pastor Randy (C) 2:00 Shopping Run: Walmart **\$\$ (OOB) 2:30 Finish My Lines (C) 3:00 Fireside Chat (C) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesdays (A) 6:15 Nickel Po-Ke-No\$\$ (A)	13 9:00 Banks & Post Office Run** (OOB) 10:00 Diners Caravan: Freidensburg Country Restaurant**\$\$ (OOB) 10:00 TV Trivia (A) 2:00 edU-Wellness by Bayada Health Services <i>Heart Health</i> (C) 3:30 Lite & Lively Exercise (A) 6:15 Nickel Polish Bingo \$\$ (A) 7:00 Music by Gospel Singers (C)	14 9:30 Helping Hands in Connections (CN) 11:00 Couples Luncheon (CR) 1:15 Zumba Fitness by Michele (A) 2:00 Catholic Mass with Father Stokes (C) 3:00 Valentine Cocktail Hour (A) 4:00 Community Life Committee (A) 6:15 Kings in the Corner (A)  Valentines Day	15 9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB) 10:00 SMART Game (CN) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Set Tables (ND) 3:30 Lite & Lively Exercise (A) 6:15 Jenga (A)	
16 8:45 Trinity Lutheran Church ** (OOB) 9:10 St. Patrick's Church ** (OOB) 10:00 Large Jenga (A) 11:00 Wine & Dine (SD/ND) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Hometown Proud Ride (OOB) 6:15 Schuylkill Monopoly (A)	17 9:30 Helping Hands in Connections (CN) 11:00 Welcoming Committee (A) 1:15 Yoga by Michele (A) 2:00 Rosary & Communion with Deacon Henninger (CO) 3:30 Rocky Theme Workout (SL) 6:15 Bunco with Friends (A)  Presidents Day	18 10:00 UNO (SL) 11:00 Confident Cruisers (ML) 1:00 Helping Hands: Clean Up (ND) 2:00 Entertainment by Vic Boris (ND) 3:00 Helping Hands: Set Tables (ND) 6:15 Nickel Bingo \$\$ (A)	19 9:30 Coffee, Donuts, & Discussion (A) 10:30 Worship Service with Pastor Randy (C) 2:00 What Doesn't Belong Game (SL) 2:00 Shopping Run: Walmart**\$\$ (OOB) 3:00 Crocheting Circle (SL) 4:00 Walk with Friends (ML) 6:15 Card Games (A)	20 9:00 Banks & Post Office** (OOB) 10:00 Hollywood Casino**\$\$ (OOB) 10:30 Simon (SL) 11:00 Confident Cruisers (ML) 3:00 Dining Services Committee (CR) 3:30 Lite & Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A)	21 10:00 Rosary & Communion with Deacon Henninger (C) 1:15 Zumba Fitness by Michele (A) 2:00 Chef's Table with Chef Kyle (CR) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	22 10:00 Card Games (SL) 1:00 Wellness Checks (CR) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo (ND) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML) 6:15 Card Games (A)	
23 8:45 Trinity Lutheran Church ** (OOB) 9:10 St. Patrick's Church ** (OOB) 10:00 Large Jenga (A) 11:00 Wine & Dine (SD/ND) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Sunday Movie: <i>P.S. I Love You</i> (A)	24 9:30 Helping Hands in Connections (CN) 11:00 Confident Cruisers (ML) 1:15 Yoga by Michele (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Drama Club (A) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A)	25 9:30 Helping Hands in Connections (CN) 10:00 Men's Outing: Roadside America**\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:00 Mardi Gras & King Cake (A) 3:30 Balance in Motion (A) 6:15 Nickel Bingo\$\$ (A)  Mardi Gras	26 9:30 Coffee, Donuts, & Discussion (A) 10:30 Worship Service with Pastor Randy (C) 2:00 Ash Wednesday Service with Deacon Henninger (C) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel Po-Ke-No\$\$ (A)  Ash Wednesday	27 10:30 Card Games (SL) 2:00 Entertainment by Eli Hughes (C) 3:30 Lite & Lively Exercise (A) 5:00 February Birthday Celebration Dinner (CR) 6:15 Nickel Polish Bingo\$\$ (A)	28 10:00 Communion & Stations of the Cross with Deacon Henninger (C) 10:30 Scrabble (SL) 1:15 Zumba Fitness by Michele (A) 3:00 Cocktail Hour (A) 3:30 Reminisce: Providence Place of Pottsville Community Life (A) 6:15 Kings in the Corner (A)	29 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo (ND) 3:00 Helping Hands: Set Tables (ND) 3:30 Arm Stretches (A) 6:15 Jenga (A)	