

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

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.



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: (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 style="text-align: center;">February 2020</h1>		1
		9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo \$\$ (ND) 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 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 Wine & Dine (SD/ND) 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 10:00 Xbox Bowling (A) 10:30 UNO (SL) 11:00 Welcoming Committee (A) 11:00 Confident Cruisers (ML) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:30 Band Stretches (A) 4:00 Past and Current Events (A) 6:15 Bunco with Friends (A)	4 9:30 Bible Study with Al & Terry (A) 10:00 Yahtzee (SL) 11:00 Confident Cruisers (ML) 2:00 Craft Class: Heart Button Canvas (A) 3:00 Today in the News Discussion (A) 3:30 Balance in Motion (A) 4:00 Hydration and Fruit Bars (A) 6:15 Nickel Bingo\$\$ (A)	5 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:30 iN2L: Google Earth (T) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	6 9:00 Bank & Post Office Run** (OOB) 10:30 Diners Caravan: Palermo Pizza***\$\$ (OOB) 2:00 Art Class with Shannon (A) 2:30 Checkers (SL) 3:30 Lite and Lively Exercise (A) 6:00 Tour: Planetarium at Pottsville Area High School** (OOB)	7 10:00 Valentine's Day Hangman (A) 11:00 Community Life Committee Meeting (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:00 Ground Hog Cocktail Hour (A) 6:15 Kings in the Corner (A)	8 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games with Friends (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 2:30 Connect Four (SL) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:15 Scrabble (A)	
9 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 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 10:00 Brain Tease Trivia (A) 11:00 Confident Cruisers (ML) 1:15 Yoga by Michelle (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)	11 9:30 Bible Study with Al & Terry (A) 10:00 Color Me Calm (SL) 11:00 Reminisce: Wedding Photos (ML) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation on <i>Natures Wonders</i> by Porcupine Pat (C) 3:30 Cooking Club: Chocolate Covered Strawberries (SL) 3:30 Drum Stick Exercise (A) 6:15 Nickel Bingo\$\$ (A)	12 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:30 Cooking Club with Ruth: Peanut Butter Fudge (A) 3:00 Fireside Chat with Tanya (C) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	13 9:00 Bank & Post Office Run** (OOB) 10:00 Diners Caravan: Friedensburg Country Restaurant***\$\$ (OOB) 10:00 TV Trivia (A) 2:00 edU-Wellness Presentation <i>Heart Health</i> by Bayada Home Health Care (C) 3:30 Lite and Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A) 7:00 Musical Entertainment by Gospel Singers (C)	14 9:30 Spelling Challenge (A) 11:00 Couples Luncheon (CR) 1:15 Zumba Fitness by Michelle (A) 2:00 Catholic Mass by Saint Michael's (C) 3:00 Valentine's Day Cocktail Hour (A) 4:00 Confident Cruisers (ML) 6:15 Kings in the Corner (A) Valentines Day	15 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games with Friends (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 2:30 UNO (SL) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Lite and Lively Exercise (A) 6:15 Jenga (A)	
16 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 Wine & Dine (SD/ND) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Countryside Ride to Hegins Valley Farm (OOB) 6:15 Schuylkill Monopoly (A)	17 10:00 President Day Trivia (A) 11:00 Presidential Discussion (A) 11:30 Confident Cruisers (ML) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A) Presidents Day	18 9:30 Bible Study with Al & Terry (A) 10:00 UNO (SL) 11:00 Confident Cruisers (ML) 1:00 Helping Hands: Clean Up (DR) 2:00 Musical Entertainment by Vic Boris (LD) 3:00 Helping Hands: Setting the Tables (DR) 6:15 Nickel Bingo\$\$ (A)	19 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 2:00 iN2L: Bubble Pop (T) 2:00 Color Me Calm (SL) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 4:00 Confident Cruisers (ML) 6:15 Card Games (A)	20 9:00 Bank & Post Office Run** (OOB) 10:00 Holly Wood Casino***\$\$ (OOB) 10:30 Brain Game: Simon (SL) 11:00 Confident Cruisers (ML) 3:30 Dining Services Committee Meeting (CR) 3:30 Lite and Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A)	21 10:00 Rosary & Communion with Deacon Henninger (C) 10:30 Checkers (SL) 1:15 Zumba Fitness by Michelle (A) 2:00 Checker's with Friends (SL) 2:00 Chefs' Table by Chef Kyle (CR) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	22 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games with Friends (SL) 1:00 Wellness Checks: Wt & B/P (CR) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo \$\$ (ND) 2:30 Connect Four (SL) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:15 Card Games (A)	
23 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 Wine & Dine (SD/ND) 2:00 Sunday Movie <i>P.S. I Love You</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill Monopoly (A)	24 10:00 Xbox Bowling (A) 11:00 Confident Cruisers (ML) 1:15 Yoga by Michelle (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 Bible Study with Al & Terry (A) 10:00 Men's Outing: Roadside America***\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:00 Mardi Gras History & King Cake (A) 3:30 Balance in Motion (A) 4:00 Food for Thought 101 (A) 6:15 Nickel Bingo\$\$ (A) Mardi Gras	26 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 Ash Wednesday: Distribution of Ashes by Deacon Henninger (C) 3:00 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	27 9:00 Bank & Post Office Run** (OOB) 10:00 Day Excursion: Tamaqua Railroad Station***\$\$ (OOB) 10:30 Card Games (SL) 2:00 Musical Entertainment by Eli Hughs (C) 3:30 Lite and Lively Exercise (A) 5:00 February Birthday Celebration Dinner (CR) 6:15 Nickel Polish Bingo\$\$ (A)	28 10:00 Communion & Station of the Cross With Deacon Henninger (C) 10:30 Scrabble (S) 1:15 Zumba Fitness by Michelle (A) 2:00 Trivia (A) 3:00 Cocktail Hour (A) 3:30 Reminisce: Providence Place of Pottsville Community Life (A) 6:15 Kings in the Corner (A)	29 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games with Friends (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo \$\$ (ND) 2:30 UNO (SL) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Arm Stretches (A) 6:15 Jenga (A)	