

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

Shirley Bauser
 Gary Kolick
 Norma Hadesty
 Olga Peshock
 Mary Louise Roeder
 Walter Yanosky
 Kenneth Long
 Rita Laspina
 Janet & Joe Weschules

Resident Birthdays

January

Theresa Hardnock
 Margaret Pavlovitz
 Marian Zimmerman
 Oscar Zeiler
 Agatha Mooney
 Nancy Harner
 Dorothy Major

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

A Note from the Executive Director

As we usher in the New Year here at Providence Place of Pottsville, our residents and families will be seeing some positive changes to our newsletter. Some changes might include format or even dialog along with content. Our goal is to make the newsletter more enjoyable and easier to convey important information. Providence Place will be focusing on what makes us stand out from the rest. That would be our residents, families and co-workers!

As we make memories with our Providence Place family, we want to share the experiences with everyone as a community. We will continue to express our respect, kindness and compassion will be efforts to continue to be a leader in the personal care / assisted living field.

Some important focuses for 2020 at our Pottsville campus, we will be replacing our art work throughout the building from gold frames to brown. Also, we will be updating the carpeting and hallway paint throughout the building. Please feel free to take a leisurely walk to enjoy all the new surroundings when finished.

Thank you for allowing me to be part of the Providence Place family and sharing this wonderful rewarding experience.

Humbly,

Tanya Hoy
Executive Director

Upcoming Events

January

- 2 – Horse & Carriage Ride with Santa
6:00 – 8:00 pm
- 2 – Art Class with Shannon Hailey
2:00 pm
- 9 – “Interacting with Dementia”
with Bayada Health Service @ 2:00 pm
- 17 – Cooking Demo with Chef Kyle
2:00 pm
- 29 – Explore Local History
Presented by Schuylkill Historical Society
2:00 pm

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




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
<p>THE Club</p>  <p>Pottsville</p> <p>JANUARY 2020</p>			<p>1 New Years Day</p> <p>10:00 New Year's Hangman & Daily Chronicle (SL)</p> <p>9:30 New Year's Word Puzzles (SL)</p> <p>11:00—1:00 Wine & Dine (SD/ND)</p> <p>2:00 Yahtzee with Friends (A)</p> <p>3:00 Connect Four (SL)</p> <p>6:15 Card Games with Friends (A)</p>	<p>2</p> <p>9:00 Shopping Run: Walmart**\$\$ (OOB)</p> <p>10:30 Finish My Lines (A)</p> <p>2:00 Art Class with Shannon (A)</p> <p>3:00 Dining Services Committee (CR)</p> <p>3:30 Lite and Lively Exercise (A)</p> <p>6:15 Nickel Polish Bingo\$\$ (A)</p>	<p>3</p> <p>10:00 Friends Helping Friends: Table Ball & Name that Tune (T)</p> <p>11:00 Connections Club Committee (A)</p> <p>1:15 Zumba Fitness with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 UNO (SL)</p> <p>3:00 Cocktail Hour (A)</p> <p>6:15 Kings in the Corner (A)</p>	<p>4</p> <p>9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB)</p> <p>10:00 Brian Trivia (A)</p> <p>1:00 Helping Hands: Clean Up (DR)</p> <p>2:00 Nickel Bingo\$\$ (LD)</p> <p>3:00 Helping Hands: Setting the Tables (DR)</p> <p>3:30 Walk for Health (ML)</p> <p>6:15 Bunco with Friends (A)</p>
<p>5</p> <p>8:30 Prayer Group (C)</p> <p>8:45 Trinity Lutheran Church** (OOB)</p> <p>9:10 Saint Patrick's Church** (OOB)</p> <p>10:00 Brain Game & The Chronicle (A)</p> <p>11:00 —1:00 Wine & Dine (ND/SD)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:00 Movie: <i>The Notebook</i> (A)</p> <p>6:15 Schuylkill Monopoly (A)</p>	<p>6</p> <p>10:00 Friends Helping Friends: Wheel of Fortune (T)</p> <p>11:00 Welcoming Committee (A)</p> <p>1:15 Yoga with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 Casino Ball Toss (SL)</p> <p>4:00 Food for Thought 101 (A)</p> <p>6:15 Bunco with Friends (A)</p>	<p>7</p> <p>9:30 Bible Study with Al & Terry (A)</p> <p>10:00 Friends Helping Friends: Sing-a-long (T)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Musical Entertainment by Cathy Donnelly (C)</p> <p>3:30 Bands & Boxing Exercise (A)</p> <p>4:00 Words within a Word (A)</p> <p>6:15 Nickel Bingo\$\$ (A)</p>	<p>8</p> <p>9:30 Donuts, Coffee & (A)</p> <p>10:30 Worship with Pastor Randy (C)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Wine Social (A)</p> <p>2:00 Shopping at Walmart (OOB)**\$\$</p> <p>3:00 Fireside Chat (A)</p> <p>3:30 Crocheting Circle (SL)</p> <p>6:15 Nickel PO-KE-NO (A)\$\$</p>	<p>9</p> <p>9:00 Bank & Post Office Run** (OOB)</p> <p>10:00 Card Games with Friends (SL)</p> <p>11:00 Confident Cruisers (ML)</p> <p>12:00 Diners Caravan: Grandmas Restaurant**\$\$ (OOB)</p> <p>2:00 edU-Wellness: Understanding the Signs of Alzheimer's Disease (C)</p> <p>3:00 Move2Music: Rocky Balboa (SL)</p> <p>3:30 Lite and Lively Exercise (A)</p> <p>7:00 Music by the Gospel Singers (C)</p>	<p>10</p> <p>10:00 Catholic Mass (C)</p> <p>11:00 Connections Club Meeting (A)</p> <p>1:15 Zumba with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 Large Jenga (A)</p> <p>3:00 Cocktail Hour (A)</p> <p>6:15 Kings in the Corner (A)</p>	<p>11</p> <p>9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB)</p> <p>10:00 Putt Putt Golf (A)</p> <p>1:00 Helping Hands: Clean Up (DR)</p> <p>2:00 Nickel Bingo\$\$ (LD)</p> <p>3:00 Helping Hands: Setting the Tables (DR)</p> <p>3:30 Walk for Health (ML)</p> <p>6:15 Bunco with Friends (A)</p>
<p>12</p> <p>8:30 Prayer Group (C)</p> <p>8:45 Trinity Lutheran Church** (OOB)</p> <p>9:10 Saint Patrick's Church** (OOB)</p> <p>10:00 Brain Game & The Chronicle (A)</p> <p>11:00 —1:00 Wine & Dine (ND/SD)</p> <p>2:00 Movie: <i>Good Sam</i> (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>6:15 Schuylkill County Monopoly (A)</p>	<p>13</p> <p>10:00 Friends Helping Friends: Dancing Fitness (T)</p> <p>11:00 Welcoming Committee (A)</p> <p>1:15 Yoga with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 Yahtzee (SL)</p> <p>4:00 Food for Thought 101 (A)</p> <p>6:15 Bunco with Friends (A)</p>	<p>14</p> <p>9:30 Bible Study with Al & Terry (A)</p> <p>10:30 Worship with Pastor Randy (C)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Wine Social (A)</p> <p>2:00 Shopping Run: Walmart**\$\$ (OOB)</p> <p>3:00 Fireside Chat Meeting (A)</p> <p>3:30 Crocheting Circle (SL)</p> <p>6:15 Nickel PO-KE-NO\$\$ (A)</p>	<p>15</p> <p>9:30 Coffee & Donuts (A)</p> <p>10:30 Worship with Pastor Randy (C)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Wine Social (A)</p> <p>2:00 Shopping Run: Walmart**\$\$ (OOB)</p> <p>3:00 Noggin Workshop (SL)</p> <p>3:30 Crocheting Circle (SL)</p> <p>6:15 Nickel PO-KE-NO\$\$ (A)</p>	<p>16</p> <p>9:00 Bank & Post Office Run** (OOB)</p> <p>10:00 Trivia Pursuit (A)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Presentation with Heartland (C)</p> <p>3:00 Dining Services Committee (CR)</p> <p>3:30 Lite and Lively Exercise (A)</p> <p>6:15 Nickel Polish Bingo (A)\$\$</p>	<p>17</p> <p>10:00 Friends Helping Friends: Hole in One</p> <p>11:00 Connections Club Meeting (A)</p> <p>1:15 Zumba with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 Trivia Game (A)</p> <p>3:00 Cocktail Hour (A)</p> <p>6:15 Kings in the Corner (A)</p>	<p>18</p> <p>9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB)</p> <p>10:00 Culinary Creations Club (A)</p> <p>1:00 Helping Hands: Clean Up (DR)</p> <p>2:00 Nickel Bingo\$\$ (LD)</p> <p>3:00 Helping Hands: Setting the Tables (DR)</p> <p>3:30 Walk for Health (ML)</p> <p>6:15 Bunco with Friends (A)</p>
<p>19</p> <p>8:30 Prayer Group (C)</p> <p>8:45 Trinity Lutheran Church** (OOB)</p> <p>9:10 Saint Patrick's Church** (OOB)</p> <p>10:00 Brain Game & The Chronicle (A)</p> <p>11:00 —1:00 Wine & Dine (ND/SD)</p> <p>2:00 Movie: <i>And Still I Rise</i> (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>6:15 Schuylkill County Monopoly (A)</p>	<p>20 Martin Luther King Jr Day</p> <p>10:00 Friends Helping Friends: Dancing Fitness (T)</p> <p>11:00 Welcoming Committee (A)</p> <p>1:15 Yoga with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 Yahtzee (SL)</p> <p>4:00 Food for Thought 101 (A)</p> <p>6:15 Bunco with Friends (A)</p>	<p>21</p> <p>9:30 Bible Study with Al & Terry (A)</p> <p>10:00 Friends Helping Friends: Bingo (T)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Musical Entertainment by Cindy Robertson (ND)</p> <p>3:30 Bands & Boxing Exercise (A)</p> <p>4:00 Words within a Word (A)</p> <p>6:15 Nickel Bingo\$\$ (A)</p>	<p>22</p> <p>9:30 Coffee & Donuts (A)</p> <p>10:30 Worship with Pastor Randy (C)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Hangman (A)</p> <p>2:00 Shopping Run: Walmart**\$\$ (OOB)</p> <p>3:00 Wine Social (A)</p> <p>3:30 Crocheting Circle (SL)</p> <p>6:15 Nickel PO-KE-NO\$\$ (A)</p>	<p>23</p> <p>9:00 Bank & Post Office Run** (OOB)</p> <p>10:00 Tamaqua Train Station** (OOB)</p> <p>2:00 Kazooing to the Oldies (A)</p> <p>3:00 Card Games with Friends (SL)</p> <p>3:30 Lite and Lively Exercise (A)</p> <p>6:15 Nickel Polish Bingo\$\$ (A)</p>	<p>24</p> <p>10:00 Friends Helping Friends: Culinary Creations (T)</p> <p>11:00 Connections Club Meeting (A)</p> <p>1:15 Zumba with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 UNO (SL)</p> <p>3:00 Cocktail Hour (A)</p> <p>6:15 Kings in the Corner (A)</p>	<p>25</p> <p>9:30 Retail Shopping: Fairlane Village Mall**\$\$ (OOB)</p> <p>10:00 Around the World Trivia (A)</p> <p>1:00 Helping Hands: Clean Up (DR)</p> <p>2:00 Nickel Bingo\$\$ (LD)</p> <p>3:00 Helping Hands: Setting the Tables (DR)</p> <p>3:30 Walk for Health (ML)</p> <p>6:15 Bunco with Friends (A)</p>
<p>26</p> <p>8:30 Prayer Group (C)</p> <p>8:45 Trinity Lutheran Church** (OOB)</p> <p>9:10 Saint Patrick's Church** (OOB)</p> <p>10:00 Culinary Creations (A)</p> <p>11:00 —1:00pm Wine & Dine (ND/SD)</p> <p>2:00 Movie: <i>The Stranger</i> (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>6:15 Schuylkill County Monopoly (A)</p>	<p>27</p> <p>10:00 Friends Helping Friends: Connect the dots game (T)</p> <p>11:00 Welcoming Committee (A)</p> <p>1:15 Yoga with Michelle (A)</p> <p>2:00 Rosary and Communion with Deacon Henninger (C)</p> <p>2:30 Yahtzee (SL)</p> <p>4:00 Food for Thought 101 (A)</p> <p>6:15 Bunco with Friends (A)</p>	<p>28</p> <p>9:30 Bible Study with Al & Terry (A)</p> <p>10:00 Men's Outing** (OOB)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Drumming Class with Joe (A)</p> <p>3:30 Balance in Motion (A)</p> <p>4:00 Words within a Word (A)</p> <p>6:15 Nickel Bingo\$\$ (A)</p>	<p>29</p> <p>9:30 Coffee & Donuts (A)</p> <p>10:30 Worship with Pastor Randy (C)</p> <p>11:00 Confident Cruisers (ML)</p> <p>2:00 Jeopardy (A)</p> <p>2:00 Shopping Run: Walmart**\$\$ (OOB)</p> <p>3:00 Art: Color Me Calm (SL)</p> <p>3:30 Crocheting Circle (SL)</p> <p>6:15 Nickel PO-KE-NO (A)\$\$</p>	<p>30</p> <p>9:00 Bank & Post Office Run** (OOB)</p> <p>10:30 Finish My Lines (A)</p> <p>2:00 Table Tennis (A)</p> <p>3:00 Dining Services Committee (CR)</p> <p>3:30 Lite and Lively Exercise (A)</p> <p>4:00 Helping Hands: Birthday Setup (CR)</p> <p>5:00 Birthday Celebration Dinner (CR)</p> <p>6:15 Nickel Polish Bingo\$\$ (A)</p>	<p>31</p> <p>10:00 Friends Helping Friends: My Life Timeline (T)</p> <p>11:00 Connections Club Meeting (A)</p> <p>1:15 Zumba with Michelle (A)</p> <p>2:00 Rosary & Communion with Deacon Henninger (C)</p> <p>2:30 UNO (SL)</p> <p>3:00 Cocktail Hour (A)</p> <p>6:15 Kings in the Corner (A)</p>	<p>Calendar Key: (ML) Main Lobby, (A) Activity Room, (CR) Club Room, (C) Chapel (T) Terrace Connections Neighborhood (ND) North Dining Room, (SL) South Lounge, (OOB) Out of Building, ** Registration Required \$\$ Cost Involved</p>